



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
Please sign up Monday for Tuesday dinners					Computer Lab Fridays	1																																																																																			
2	3 Open 1 - 5 Tai Chi -- 4:00 Yoga -- 5:00	4 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	5 Open 1 - 5 Chess at 1:30 Movie at 2:45	6 Open 1 - 5 Nutrition group 4:00	7 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30 Meditation 4:00	8																																																																																			
9	10 Open 1 - 5 Tai Chi -- 4:00 Yoga -- 5:00 Support Grp - 6:00 NAMI general meeting.7:15	11 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	12 Open 1 - 5 Game Day 1:30-3:00 Chess at 1:30 Movie at 2:45	13 Open 1 - 5 Nutrition group 4:00	14 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30 Meditation 4:00	15																																																																																			
16 <i>Reminder:</i> Newsletter needs your input!	17 Open 1 - 5 Tai Chi -- 4:00 No Yoga 	18 Open 1 - 6 Art Group - 2:30 Dinner - 5:00 	19 Open 1 - 5 Chess at 1:30 Movie at 2:45	20 Open 1 - 5 Nutrition group 4:00 NAMI Board Meeting 4:45pm	21 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30 Meditation 4:00	22																																																																																			
23	24 Open 1 - 5 Tai Chi -- 4:00 No Yoga Open Support Group - 6:00	25 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	26 Open 1 - 5 Game Day 1:30-3:00 Chess at 1:30 Movie at 2:45	27 Open 1 - 5 Nutrition group 4:00	28 Open 1 - 5 Faith in Recovery 1:00 Film Group 2:30 Journaling Poets 3:30 Meditation 4:00	29																																																																																			
30	31 Open 1 - 5 Tai Chi -- 4:00 Yoga -- 5:00	<p style="text-align: center;">February 2014</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td></tr> </tbody> </table>		S	M	T	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		<p style="text-align: center;">April 2014</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </tbody> </table>		S	M	T	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
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