



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Please sign up Monday for Tuesday dinners	2 Open 1 - 5 Tai Chi -- 4:00	3 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	4 Open 1 - 5 Chess at 1:30	5 Open 1 - 5 Nutrition group 4:00	6 Open 1 - 5 Faith in Recovery 1:00	7 Computer Lab Fridays
8	9 Open 1 - 5 Tai Chi -- 4:00 Support Grp - 6:00 NAMI DC general meeting.7:15	10 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	11 Open 1 - 5 Game Day 1:30-3:00 Chess at 1:30	12 Open 1 - 5 Nutrition group 4:00	13 Open 1 - 5 Faith in Recovery 1:00	14
15	16 Open 1 - 5 Tai Chi -- 4:00	17 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	18 Open 1 - 5 Chess at 1:30	19 Open 1 - 5 Nutrition group 4:00 NAMI DC Board meeting 4:45	20 Open 1 - 5 Faith in Recovery 1:00	21 <i>Reminder: Newsletter needs your input!</i>
22	23 Open 1 - 5 Tai Chi -- 4:00 Open Support Group - 6:00	24 Open 1 - 6 Art Group - 2:30 Dinner - 5:00	25 Open 1 - 5 Game Day 1:30-3:00 Chess at 1:30	26 Open 1 - 5 Nutrition group 4:00	27 Open 1 - 5 Faith in Recovery 1:00	28
29	30 Open 1 - 5 Tai Chi -- 4:00	31 Open 1 - 6 Art Group - 2:30 Dinner - 5:00				

February 2015

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

April 2015

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
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26	27	28	29	30		

