

December

2011

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1:30 Meet with Deb Niehof 2-3:30 Connection Group	2 1-3 Book Club Stephen King's <i>Full Darkness No Stars</i> 1-4 Whole Health stress reducing activities
5 1-2:30 Redesign of MH system update with Teresa Bomhoff of NAMI Des Moines	6 CENTER CLOSED except for 1-2 Chair Yoga 3-5 Writing group	7 1-2:30 Whole Health 3-4 Journaling Styles	8 10:30- 12:30 Photography at Reiman Gardens 1:00 Conversation 2-3:30 Connection Group	9 Making cards and journals Seasonal Music
12 1-4 Crafts, Conversation and Cookie Baking.	13 1-2 Chair yoga with Marie Edwards 3-5 Writing group	14 1-2:30 Whole Health	15 1:00 Conversation 2-3:30 Connection Group	16 2-3:30 Art Activity with Wendie
19 1-4 Gift Wrapping with seasonal music and more cookie and candy making	20 1 Conversation and beverages 2-4 Writing group	21 1-2:30 Whole Health	22 1:00 Conversation 2-3:30 Connection Group	23 Movie and snacks
26 Center Closed for Christmas	27 1-2 Gratitude	28 1-2:30 Whole Health	29 1:00 Conversation 2-3:30 Connection Group	30 Early New Years Eve Party Bring a snack to share

Conversation, crafts and beverages are available every day the center is open. Scheduled activities are subject to change. The Thursday group is the peer led NAMI Connection Support Group. Suggestions for activities and presentations are appreciated.