



February

2012



Monday	Tuesday	Wednesday	Thursday	Friday
		1 1-2:30 Whole Health support	2 12:45 Art Therapy 2-3:30 Connection Support Group 3:30 Meet with Deb	3 1-2:30 Book Club <i>June Bug</i> Valentine Crafts
6 1-2 Organizing & Housekeeping Tips	7 1-2 Chair yoga 2:00-4:30 Writing group @ APL Community Room Guest: Mary Swander	8 1-2:30 Whole Health	9 2-3:30 Connection Support Group	10 Valentine Card Making Knit and Crochet
13 1-2 What role does music play in your life	14  Valentines' Day 1-2 Chair yoga 2:30-4:30 Writing group	15 1-2:30 Wrap plan review	16 2-3:30 Connection Support Group	17 2-3:30 Art Activity
20  President's Day 1-2 What makes a good leader	21 2:30-4:30 Writing group	22 1-2 Meditation with Tom Niehof	23 2-3:30 Connection Support Group	24 1:00 Film Day Knit and Crochet
27 1-2 Goals Revisited	28 1-2 Chair yoga 2:30-4:30 Writing group	29 1-2 Meditation with Tom Niehof		

Conversation, crafts, games 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. If Ames Public Schools close due to winter weather conditions, the Wellness Center will be closed. Questions? Call Linda Sawyer @ 515 291-3394