

January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Registration is Required Hours: Monday to Friday 8:30am – 4pm</p>				
	<p>Self-Directed Activities: Artists' Loft Writers' Circle Computers NCRD Peer Support</p>		<p>NISA IS CLOSED Please see Holiday Resource List</p>	<p>NISA opens at 8:30am for regularly scheduled programming. Happy New Year!</p>
<p>5</p> <p>Sharing Circle 10:30-11:30am</p>	<p>6</p> <p>YMCA Aqua-fit 10-11am</p> <p>Artists' Loft: Open Craft 1pm</p>	<p>7</p> <p>*Food is Mood 11am</p>	<p>8</p> <p>Membership meeting and Potluck 11am Please bring a dish to share</p> <p>NISA is closed at 1:30pm</p> <p>*Mothers Offering Mutual Support Group 6:30pm-8:00pm</p>	<p>9</p> <p>Writers' Circle: Setting Goals for writing well 1pm</p>
<p>12</p> <p>Sharing Circle 10:30-11:30am</p>	<p>13</p> <p>YMCA Aqua-fit 10-11am</p> <p>*WHWB: New Skills Workshop; Top Quilting with the machine 1pm</p>	<p>14</p> <p>*Food is Mood 11am</p> <p>*Computer Basics (1) 1pm</p> <p>Mission Statement Focus Group 1pm</p>	<p>15</p> <p>YMCA Gym 10-11am</p> <p>Recovery Wellness 10:30-11:30am</p>	<p>16</p> <p>Expressive Art Therapy; Self-esteem Workshop 1pm</p>
<p>19</p> <p>Sharing Circle 10:30-11:30am</p> <p>WRAP Session 1 1-3:30pm</p>	<p>20</p> <p>YMCA Aqua-fit 10-11am</p>	<p>21</p> <p>*Food is Mood 11am</p> <p>*Computer Basics (2) 1pm</p>	<p>22</p> <p>YMCA Gym 10-11am</p> <p>Recovery Wellness 10:30-11:30am</p> <p>*Mothers Offering Mutual Support Group 6:30pm-8:00pm</p>	<p>23</p> <p>Writers' Circle: Check in 1pm</p>
<p>26</p> <p>Sharing Circle 10:30-11:30am</p> <p>WRAP Session 2 1-3:30pm</p>	<p>27</p> <p>YMCA Aqua-fit 10-11am</p> <p>Artists' Loft: Open Craft 1pm</p>	<p>28</p> <p>*Food is Mood 11am</p> <p>*Computer Basics (3) 1pm</p>	<p>29</p> <p>YMCA Gym 10-11am</p> <p>Recovery Wellness 10:30-11:30am</p>	<p>30</p> <p>Artists' Loft Meeting 1pm</p>