

Wednesday evening Peer Support

Dec. 1 Burger King & look at Xmas lights. @ Dec 8:

McDonalds & movie @ DRC Dec 15 & Dec 22 No

evening Peer Support Dec 29th Culvers

Please note that some of our Peer Support groups will be held at a different time and day due to holiday schedules. Also our Friday movies will be held on a couple of thursday due to us being closed on the 24th


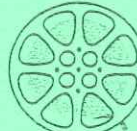




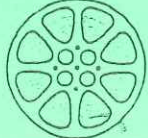

December 2021

Sun	Mon	Tue	Wed	Thu	Fri and 31st.	Sat
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Dec 1st: 4pm Burger King & look at Xmas lights (Sign up soon)

Dec 8th: 4pm Evening Peer Support McDonalds & then (Movie "What's eating Giolbert Grape" @DRC.

NOTE TIME CHANGE

			1 11:30a Spirit of Life for food baskets <u>4pm Evening Peer Support & look at Xmas lights</u>	2 11am Peer Support	3 11am Movie @ DRC 	4
5 1p Deb from NDSU <u>Recovery grp</u>	6	7 1pm Members mtg 2pm Sickies and movie @ Grand	8 11:30a Spirit of Life for food baskets <u>4pm Evening Peer Support McDonalds & (Movie "What's eating Giolbert Grape" @DRC</u>	9 11am Peer Support 11:30a Christmas craft with Cheryl	10 11am Movie @ DRC 	11
12 11am Game of members choice	13	14 11am Buffalo Wild wings and Christmas shopping	15 - <u>1pm Jodie, our nurse from Custer.</u> <u>No evening peer support</u>	16 <u>11am Peer Support</u> 11:30a Spirit of Life for food basket	17 11am Christmas movie @ DRC 	18
19 <u>11am Stess. depression and tips for coping during the holidays. (Recovery grp).</u>	20 <u>1:30p Peer Support</u> (led by members) 2-4p Christmas Karaoke & xmas fun sheets	21	22 <u>11am & 1pm Christmas Bingo (Must sign up)</u> <u>No evening peer support</u>	23 11am Christmas movie @ DRC 	24 <u>DRC closed</u> 	25 Merry Christmas 
26 1pm <u>Why Color therapy helps your mental health by Mayo clinic (colorbooks for those that attend).</u>	27 2pm Ruby Tuesday and movie @ Grand	28	29 11am Peer Support 11:30a Spirit of Life for food baskets <u>5pm Evening Peer Support @ Culvers</u>	30 11aMovie @ DRC 	31 <u>DRC closed</u> 	<u>Cards, farkle, board games every morning from 9a-11am</u> <u>Musisc therapy every afternoon 2-4 unless</u>