



DRC staff: 255-6402, DRC client: 255-7846

DF van: 223-4517 DRC hrs: 8:30a-5p M, T, W, Th. Friday 9-3p

2 evening activities a week (tuesday and wednesday nights)

9a-11a daily: dice or cards

2p-4p daily: music therapy

# January 2022



Sun Mon Tue Wed Thu Fri Sat


## Peer Support Wednesday night group:

January 5: Chik-fil-a  
 January 12: (4pm) Applebees (pool at DRC after supper)  
 January 19: Bruno  
 January 26: Denny's

Let Tom know if you are coming and then be at the DRC by 4:00pm

DRC phone and hours  
 DRC staff : 255-6402 Client line 255-7846  
 DRC hrs: M - Th 8:30a-5p Friday 9-3p Tuesday evening activity and Wednesday night Peer Support



2	3	4	5	6	7
1pm L-R-C dice game	3pm After New Years Shopping & Pizza Ranch	<u>11am Katie, our dietician (Recovery)</u> 11:30a Spirit of Life for food box and sack	<u>11a-1pm Peer Support Finding Joy Amid Grief (virtual)</u>	11am Movie @ DRC	
9	10	11	12	13	14
<u>1pm Deb from NDSU (nutrition) Recovery Grp</u>	1pm Members mtg 2pm Cracker Barrel and movie @ Grand	11am Spirit of Life for food box and sack lunch	11a Peer Support 1pm NDSU nurses . Introduce them to DRC	11am Movie @ DRC	
16	17	18	19	20	21
<u>DRC closed in honor of Martin Luther King Jr. day</u> 	3pm Bismarck public library & Culvers	<u>11am Bullying as adults (SAMSHA)</u> 11:30am Spirit of Life for food box and sack	11am Peer Support <u>Wii bowling-Fun group therapy with friends to improve your mental health.</u>	11am Movie @ DRC	
23	24	25	26	27	28
11am Sorry board game	<u>1pm NDSU nurses(Recovery grp)</u> 2pm Chick-fil-a & movie @ Grand	11am Spirit of Life for food box and sack lunch	11am Peer Support	11am Movie @ DRC	
30	<p><u>The past year was a tough year for all of us. COVID has been a big part of our lives. Some of you had COVID, some had loved ones who had it or have passed away from it. Also DRC has suffered the loss of many of our loved ones so please plan to attend our "Finding Joy Amid Grief" virtually on Jan. 6th. Jana is a Greif Specialist from Grand Forks. She will also provide a number if you'd like to talk to her or another grief counselor. Please plan to attend. Jan. 6 11am-1pm</u></p>				
11am Chair Exercise <u>The benefits of exercising and your mental well being (Recovery) SAMSHA</u>					