

WEDNESDAY NIGHT PEER SUPPORT

Nov 3-Burger King, Nov. 10th-Hardees,
Nov 17th-Bruno, Nov 24th No Wed. Peer Support

November 2021

Sign up soon to take the Tour of the
United Tribes (art work quilts,
paintings, mocassin, jewelry, etc).



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11am Staff challenge with skip bo (Treat bags if you beat the staff).	2 2:30p Theo Art school (paint a picture \$3) & McDonalds (pay for own meal).	3 11a Katie, our dietician(Recovery grp) 11:30a Spirit of Life for sack lunch & food basket	4 11am Peer Support	5 11am Movie @ DRC 1-3p Music therapy	6
7	8 1pm Deb from NDSU	9 2pm Tour of UTTC art work & school & Arby's (pay for own meal)	10 11am Peer Support 11:30pm Thanksgiving Bingo	11 DRC closed in observance of Veteran Day	12 11am Movie @ DRC 1-3p Music therapy	13
14	15 11am & 1pm Chair Exercises & Recovery grp to follow on benefits of exercising (mentally & physically).	16 1am Members meeting followed by Color Therapy	17 11am Left-right-center dice game	18 11am Peer Support 11:30am Spirit of Life for sack lunch and food basket	19 11am Movie @ DRC 1-3pm Music therapy	20
21	22 Recovery Group 11am "What causes panic attacks and how to prevent them"	23 2pm A & B pizza & movie @ Grand	24 11am Peer Support (led by members)	25 DRC closed: Thanksgiving	26 11am Movie @ DRC 1-3pm Music therapy	27
28	29 11am How to prepare for winter, mentally & physically	30 2pm Taco Bell and movie @ Grand (pay for own)	<p>Nov 2nd: We will be going to Theo Art school and paint a picture. It will be a 11 inch x 14inch picture that you can bring home and frame if you want. This will be so much fun. Don't worry if you think you can't paint, because she will teach you and you will be amazed at your picture. It's only \$3.</p>			

