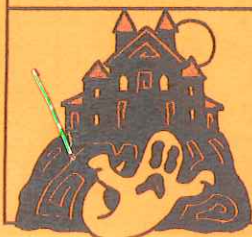


Remember to still call to sign up to come to DRC or to sign up for an activity. If you need a van ride, please call 223-4517 and press 0. Rides are free of charge. Call 24 hrs in advance . DRC phone: 255-6402, client line is 255-7846

October 2021

No Evening activities Oct 26th or 27th. Tom and Orla have conferences that week on Mon, Tues, and Wed. of that week .

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wednesday night Peer Support: Please be at DRC by 4:30pm and Tom will bring you home if you need a ride home. If you can drive that would be wonderful as seating in the van is limited. Put you name on the list ahead of time. Thanks.</p> <p>Oct 6th Arby's Oct 13th KFC</p> <p>Oct 20th Rock'n 50s Oct 27th: No evening Peer Support</p>						
3	9-11a Cards or dice 11a COVID & mental health (Recovery grp) 2-4p Music Therapy	4 3pm Ruby Tuesday (\$5 burgers) & shopping @ Walmart. Dollar Tree, Family \$	5 11am Spirit of Life for lunch bag and food box Remember Wed. night Peer Support.	7 11am Peer Support 1pm Cards or music (clients choice)	8 9a-11a Cards or dice 11a Movie @ DRC 1-3p Music Therapy	9
10	9-11a Cards or dice 1p Deb from NDSU (Recovery grp) 2-4p Music Therapy	11 1pm NDSU nurses (Recovery grp) 2:30p Culvers & movie @ Grand	12 11am Spirit of Life for lunch bag and food box Remember Wed. night Peer Support.	14 11am Members mtg 11:30a Peer Support 1pm Cards or music (clients choice)	15 9a-11a Cards or dice 11a Movie @ DRC 1-3p Music Therapy	16
17	9-11a Cards or dice 1p Skee Ball 2-4p Music Therapy	18 1pm Breaking the stigma mental health.(Recovery 3pm Taco Johns & movie @ Grand	19 11am Spirit of Life for lunch bag and food box Remember Wed. night Peer Support.	21 11a Peer Support 1pm Cards or music (Clients choice)	22 9a-11a Cards or dice 11a Movie @ DRC 1-3p Music Therapy	23
24	9-11a Cards or dice 1p Halloween corn candy toss 2-4p Music Therapy	25 1pm NDSU nurse (Recovery grp) 2pm Halloween monster mash music	26 11am Peer Support (no food basket)no Spirit of Life. No evening Peer Support	27 11am Halloween bingo 1pm Halloween bingo	28 9-11a Cards or dice 11a Halloween movie @ DRC 1-3p Halloween	30



31
Halloween dance
When: Wed. Oct. 27th
Time: 7-9pm
Where: AmVets \$1 admission
You will need to get your own ride over there.
You may dress up.

NOTE: Change of day for Peer Support on the 27th. because of Halloween bingo on the 28th.
You may wear a costume to Halloween bingo if you wish.
Please sign up for which bingo you want to attend.

