






July 2022

DRC staff: 255-6402

DRC clients: 255-7846

Dacotah Foundation van: 223-4517 press 0

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Wednesday night Peer Support grp</u> Let Tom know if you will be going. Please be here by 4:30pm						
<u>July 6th: No Evening Peer Support</u>						
<u>July 13: Dream Center</u>						
<u>July 20th: Dream Center</u>						
<u>July 27: Dream Center</u>						
3 	4 <u>DRC Closed</u> <u>Happy 4th of July</u>	5 11am Left-Right-Center No evening activity	6 <u>11am Recovery grp</u> <u>The Power of</u> <u>Patience</u>	7 11am Peer Support 11:30a Spirit of Life for food box and sack lunch	8 11am Movie @ DRC	9
10	11 <u>Recovery grp</u> <u>1pm Deb from NDSU</u> <u>nutrition</u>	12 1pm Members mtg 2pm Denny's & movie @ Grand	13 11am Spirit of Life for sack lunch and food box	14 11am Peer Support 11:30a Bingo	15 11am Movie @ DRC	16
17	18 <u>11am Recovery grp</u> <u>"Anxiety symptoms</u> <u>treatment and more"</u>	19 2pm Arby's and movie @ Grand	20 11am Spirit of Life for sack lunch and food box	21 11pm McDonalds & 1 McDowell Dam (bring sack lunch to McDowell	22 11am Movie @ DRC	23
24	25 <u>11am Recovery grp</u> <u>"How to overcome</u> <u>negative thoughts"</u>	26 1pm A & B and shopping	27 11am Spirit of Life for sack lunch and food box	28 11am Peer Support 12pm Taco Bell & zoo	29 11am Movie @ DRC	30
31	<p><u>Cards, dice or board games every morning from 9a-11a</u> <u>Color therapy and music therapy every afternoon from 2-4pm</u></p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>					