

Dacotah Recovery Center  
 522 W Arbor Ave.  
 Bismarck, ND 58504  
 701-255-6402

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**APRIL 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>1</b></p> 11a Wellness w/ Jodie  1p Trivia  3p Peer Support	<p style="text-align: right;"><b>2</b></p> 8:30a Peer Support  2p Anger Management  5:30p Dream Center	<p style="text-align: right;"><b>3</b></p> 8:30a Chair Exercises  2p Talking Circle	<p style="text-align: right;"><b>4</b></p> 10a Smoking Cessation Class  1p Facts about High Blood Pressure  2p Pinnacle Club	<p style="text-align: right;"><b>5</b></p>   1p Members Meeting
<p style="text-align: right;"><b>8</b></p> 11a Wellness w/ Deb  1p YMCA or Walking Outside  3p Peer Support	<p style="text-align: right;"><b>9</b></p> 8:30a Peer Support  1p Money Management  4pm Garden Club	<p style="text-align: right;"><b>10</b></p> 8:30a Chair Exercises  2p Talking Circle	<p style="text-align: right;"><b>11</b></p> 1p Facts about Congestive Heart Failure  2p Pinnacle Club	<p style="text-align: right;"><b>12</b></p>  11a Leaving for MadMoves Roller Rink in Steele, ND <b>Eat Lunch in Steele</b>
<p style="text-align: right;"><b>15</b></p> 11a Chair Yoga  1p BINGO  3p Peer Support	<p style="text-align: right;"><b>16</b></p> 8:30a Peer Support  1p Money Management  2p Members Choice	<p style="text-align: right;"><b>17</b></p> 8:30a Chair Exercises  2p Talking Circle	<p style="text-align: right;"><b>18</b></p> 10a Smoking Cessation Class  1p Facts about Substance Use  2p Pinnacle Club	<p style="text-align: right;"><b>19</b></p>  3p Dakota Garden Expo at Event Center & <b>Out to Supper</b>
<p style="text-align: right;"><b>22</b></p> 11a Soup Kitchen/YMCA  3p Peer Support	<p style="text-align: right;"><b>23</b></p> 8:30a Peer Support  1p Money Management Event	<p style="text-align: right;"><b>24</b></p> 8:30a Chair Exercises  2p Talking Circle	<p style="text-align: right;"><b>25</b></p> 1p Proper Use of Medications  2p Pinnacle Club	<p style="text-align: right;"><b>26</b></p>  1p Arts and Crafts
<p style="text-align: right;"><b>29</b></p> 10a Move it or Lose It  12p Sack Lunch, Dakota Zoo & Peer Support	<p style="text-align: right;"><b>30</b></p> 8:30a Peer Support  1p Money Management	Hours of Operation are 8a-4p Monday - Friday with some evening activities scheduled.  Lunch is available Monday- Friday at the Center Serving 12p-12:45p; please sign up for the meals 24 hours ahead of time.		