

# January 2024

## Dacotah Recovery Center

522 W Arbor Ave. Bismarck, ND 58504  
Phone: 701-255-6402

### NEW HOURS:

Mon -Thurs 8a-4p  
Fri 12p-6p  
Sat 11a-3p

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday                      |      |
|--------|---|--|---|---|--|-------------------------------|------|
| 31     | 1<br><b>CLOSED</b><br>New Years Day                             | 2<br>10a Price is Right<br>2p Pick an Affirmation  | 3<br>10a Price is Right<br>2p Women's Group                     | 4<br>10a Price is Right<br>1p Facts About Bipolar Disorder        | 5<br>1p Member's Meeting<br>4:30p Peer Support | 6<br>12p BINGO                |      |
| 7      | 8<br>10a Price is Right<br>11a Deb - Wellness Hour<br>2p Puzzle | 9<br>10a Price is Right<br>2p Mindful Sketch   | 10<br>10a Price is Right<br>1p NDSU Student<br>2p Women's Group | 11<br>10a Price is Right<br>1p Facts About Depression             | 12<br>1p Member's Choice<br>4:30p Peer Support | 13<br>12p Pinochle Tournament |      |
| 14     | 15<br><b>CLOSED</b><br>Martin Luther King Day                   | 16<br>10a Price is Right<br>2p Fill Your Cup   | 17<br>10a Price is Right<br>2p Women's Group                    | 18<br>10a Price is Right<br>1p Facts About PTSD                   | 19<br>1p Order in Lunch!<br>4:30p Peer Support | 20<br>12p Pool Tournament     |      |
| 21     | 22<br>10a Price is Right<br>11a Chair Yoga<br>2p Trivia         | 23<br>10a Price is Right<br>2p I am Grateful for.....<br>1p NDSU Nurses  | 24<br>10a Price is Right<br>2p Women's Group                    | 25<br>10a Price is Right<br>1p Facts About Schizophrenia Disorder | 26<br>1p Member's Choice<br>4:30p Peer Support | 27<br>12p Monopoly            |      |
| 28     | 29<br>10a Price is Right<br>11a Healthy Eating?<br>2p Sorry!    | 30<br>10a Price is Right<br>2p Create & Chat<br>1p NDSU Nurses   | 31<br>10a Price is Right<br>2p Women's Group                    | 1   | 2  | 3                             |      |
| 4      | 5   | Notes<br><b>Dacotah Recovery Center Activity Calendar Information</b><br>*Lunch will be served daily and there will be breakfast items available. Please sign up for lunch.<br>*Please save money for outings and trips.<br>activity calendar and meals are subject to change at anytime |   |   |  |                               | *The |