

Dacotah Recovery Center
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 Bismarck, ND 58504
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JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
¹ 10a Healthy Eating 1p FoosBall Tournament 3p Peer Support	² 8:30a Peer Support 1p Check In with journals 2p Kings In the Corner	³ 10:30a Art in the Park in Mandan 1p Park Clue Game 2p Talking Circle	⁴ CLOSED 	⁵ 11a StageStop Lunch Outing 1p Members Meeting and Cake!
⁸ 11a Wellness with Deb 1p Pool Tournament 3p Peer Support	⁹ 8:30a Peer Support 1p MH Group 2p Rock Painting Activity	¹⁰ 9a Morning Walk 11:45a Sack Lunch & Custer Park 2p Talking Circle	¹¹ 9a Meditation 1p Skills Activity 2p Pinochle Club	¹² 12:45p Heritage Center and Pop Up History! Who Founded Medora?
¹⁵ 10a Create a Meal Plan 1p Dart Tournament 3p Peer Support	¹⁶ 8:30a Peer Support 1p MH Group 2p Yard Games	¹⁷ 11a - 3p Riverwalk at Sertoma Park	¹⁸ 9a Grounding Techniques 1p Skills Activity 2p Pinochle Club	¹⁹ 9a Fishing Day & Swim Day at McDowell Dam - Sack Lunch
²² 10a Healthy Snack 1p Cornhole Outside 3p Peer Support	²³ 8:30a Peer Support 1p MH Group 2p Tye Dye Shirts	²⁴ 9a Morning Walk 2p Talking Circle	²⁵ 9a Mindfulness 1pm Skills Activity 2p FREE Swimming at Elks Pool 2p Pinochle Club	²⁶ 11a Movie & Chill Day
²⁹ 11a Zoo Outing with a sack lunch and Peer Support at the park	³⁰ 8:30a Peer Support 1p MH Group 2p Members Choice	³¹ 9a - 11a Bismarck Library 2p Talking Circle		

Please sign up for activities at least 24 hours in advance. We will need at least 4 members signed up to go on outings. Keep an eye out for the time of the outings, some are in the evening and weekend.

Lunch is available M-F at the center from 12p-12:45p; please sign up for meals 24 hours in advance to ensure there will be enough food made.