

Dacotah Recovery Center
 522 W Arbor Ave.
 Bismarck, ND 58504
 Business line: 701-255-6402
 Member line: 701-255-7846

dlc@dacotahfoundation.org

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 11a Wellness with Jodie 1:30p UNO 3p Peer Support	4 8:30a Peer Support 2p Gratitude Journals 4p 2-4-1 Burgers at The Ground Round 6p Cruise Night	5 9a Breathing Exercise 2p Talking Circle	6 9:30a Morning Walk 1p Activity: At the Movies 2p Pinochle Club	7 11a Outing: Blarney Stone for lunch 1p Member Meeting & Cake!	8
9 11a- 3p Buggies and Blues in Mandan	10 11a Wellness with Deb 1:30p Kings in the Corner cards 3p Peer Support	11 8a-4p CFN Conference 5p Bismarck Larks Game & Supper	12 9a Meditation 2p Talking Circle 3:30 Group @ Sahnish	13 9:30a Morning Walk 1p Activity: Same Boat 2p Pinochle Club	14 11a Sack Lunch 12p Amusement Park	15 Junkin' in the Junction leaving at 9am.
16	17 11a Zoo Outing Sack Lunch Peer Support	18 8:30a Peer Support 1p Yard Games & Ice Cream	19 10:30a - 12p Mandan Library 2p Talking Circle	20 9:30a Morning Walk 1p Activity: Window 2p Pinochle Club	21 8:30a - 4p Highway 21 Treasure Hunt	22
23	24 11a Miniature Golf 3p Peer Support	25 Outing to The Club Recovery Center in Williston	26 9a Mindfulness 2p Talking Circle 3:30p Group @ Sahnish	27 9:30a Morning Walk 1p Activity: My Problem 2p Pinochle Club	28 11a Movie at DRC & popcorn!	29
<p>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.</p> <p>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.</p>						

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