

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

[dlc@dacotahfoundation.org](mailto:dlc@dacotahfoundation.org)

# MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Some evening activities are listed on the calendar, please watch for these and sign up early. We will not be going if no one is signed up.            Lunch is available M-F at the center. We serve from 12p-12:45p; please sign up for meals 24 hours ahead of time to ensure there will be enough food made.</p>		<p>1            8:30a Chair Exercises            2p Talking Circle            3:30p Group @ Sahnish</p>	<p>2            9am Morning Walk            1p The Path            2p Pinochle Club            6p Movie at the library - The Marvels</p>	<p>3            1p Members Meeting &amp; monthly birthday celebration</p>
<p>6            11a YMCA 360            1p Sorry            3p Peer Support</p>	<p>7            8:30a Peer Support            2p Mental Health Month Activity            5:30p Dream Center</p>	<p>8            8:30a Chair Exercises            2p Talking Circle</p>	<p>9            9a Morning Walk            1p Time Machine            2p Pinochle Club</p>	<p>10            11a Day Outing to Prairie Knights Casino for lunch and a scenic drive</p>
<p>13            11a Wellness with Deb            1p Phase 10            3p Peer Support  <b>HAT DAY</b></p>	<p>14            8:30a Peer Support            2p Mental Health Month Activity            3p Garden Club  <b>HAWAIIAN DAY</b></p>	<p>15            8:30a Chair Exercises            2p Talking Circle            3:30p Group @ Sahnish  <b>WEAR ALL GREEN</b></p>	<p>16            9a Morning Walk            1p Cartoon            2p Pinochle Club  <b>CRAZY HAIR DAY</b></p>	<p>17            Arts &amp; Crafts Day  <b>SPORTS DAY</b></p>
<p>20            11a Take a Walk            1p Farkle            3p Peer Support</p>	<p>21            8:30a Peer Support            2p Mental Health Month Activity</p>	<p>22            8:30a Chair Exercises            2p Talking Circle</p>	<p>23            9a Morning Walk            1p Garbage Pail            2p Pinochle Club</p>	<p>24            1p Bismarck - Mandan Art Trail - check in</p>
<p>27  <b>MEMORIAL DAY</b>  <b>DRC IS CLOSED</b></p>	<p>28            8:30a Peer Support            11a Members Choice            2p Mental Health Month Activity</p>	<p>29            8:30a Chair Exercises            2p Talking Circle            3:30p Group @ Sahnish</p>	<p>30            9a Morning Meditation            1p Birthday Cake            2p Pinochle Club</p>	<p>31            1p Movie and pizza day at the DRC!</p>

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