


Dacotah Recovery Center  
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# SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p><b>HAPPY LABOR DAY!</b></p> <p><b>DRC CLOSED</b></p>	<p>3</p> <p><b>1p</b> Nursing Education</p> <p><b>2p</b> Members Choice Activity</p> <p><b>3p</b> Ground Round Supper \$</p>	<p>4</p> <p><b>9a</b> Exercise your mind (mindfulness)</p> <p><b>2p</b> Talking Circle</p> <p><b>4p-7p</b> Together We Recover @ Sertoma Park</p>	<p>5</p> <p><b>9a</b> Life Skills- Budgeting</p> <p><b>2p</b> Pinochle Club</p>	<p>6</p> <p><b>11a</b> Member Meeting</p> <p><b>1p</b> Member's Choice</p>
<p>9</p> <p><b>8:30a</b> Peer Support</p> <p><b>11a</b> Food/Nutrition Management</p> <p><b>12pm-3p</b> Papa's Pumpkin Patch \$4</p>	<p>10</p> <p><b>1p</b> Nursing Education</p> <p><b>2p</b> Member's Choice Activity</p>	<p>11</p> <p><b>9a</b> Chair Stretches</p> <p><b>2p</b> Talking Circle</p>	<p>12</p> <p><b>9a</b> Life Skills- Apartment Resources and Applying</p> <p><b>2p</b> Pinochle Club</p>	<p>13</p> <p><b>11a</b> Peer Support</p> <p><b>1p</b> Foosball Tournament</p>
<p>16</p> <p><b>8:30a</b> Peer Support</p> <p><b>9a-4p Behavioral Health Conference Virtual</b></p>	<p>17</p> <p><b>9a-4p Behavioral Health Conference Virtual</b></p> <p><b>1p</b> Nursing Education</p>	<p>18</p> <p><b>9a-4p Behavioral Health Conference Virtual</b></p> <p><b>2p</b> Talking Circle</p>	<p>19</p> <p><b>9a</b> Life Skills-How to apply for SNAP and Pantry information</p> <p><b>2p</b> Pinochle Club</p>	<p>20</p> <p><b>11a</b> Peer Support</p> <p><b>1p-4p</b> Arts and Crafts</p>
<p>23</p> <p><b>8:30a</b> Peer Support</p> <p><b>11a</b> Food/Nutrition Management</p> <p><b>1p</b> Pool Tourney</p>	<p>24</p> <p><b>1p</b> Healthy Body/Healthy Mind</p> <p><b>2p</b> Member's Choice Activity</p>	<p>25</p> <p><b>9a</b> Chair Yoga</p> <p><b>2p</b> Talking Circle</p>	<p>26</p> <p><b>9a</b> Life Skills- How to apply for SSI/SSDI</p> <p><b>2p</b> Pinochle Club</p>	<p>27</p> <p><b>11a</b> Peer Support</p> <p><b>1p</b> Movie "Inside Out" and Popcorn</p>
<p>30</p> <p><b>8:30a</b> Peer Support</p> <p><b>11a</b> Food/Nutrition Management</p> <p><b>1p</b> Dart Tourney</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.  
 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.