

August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 9:30a Walking Group	2 9am Board Games or Cards	3 9:30a Walking Group	4 9am Closet 701	5 9:30a Walking Group @Arboretum	6
	11am- Recovery Group Healthy Relationships 12:30pm HH Soup Kitchen 2pm Board Games Downstairs	Make you own lunch @ the Center 1pm Wii Fitness 3p Subway and Movie \$	11:30a-Spirit of Life 1pm Activity Calendar Meeting 4:30p Dream Center and Peer Support Group	11am Peer Support 12p-2p Urban Harvest \$ 2:30pm Knowing your Community Resources	11a-Movie-Adam Project 1p Bag Toss	
7	8 9:30a Walking Group	9 9a Cards	10 9:30a Walking Group	11 9am Newsletter Meeting	12 9:30a Walking Group @Zoo	13
	11:15am HH Soup Kitchen 1pm Recovery Group w/ Deb 2pm Cards, listen to music, or color	2:30p Mini Golf \$ 4:30p-5:30p Art at the Dream Center 5:30p Supper @Dream Center	11:30a-Spirit of Life 1p Farmers & Artisans Market 4:30p Krolls and Peer Support Group	11am Peer Support 12p -2p Urban Harvest \$ 2:30p Member Meeting	11a-Movie-Yes Day 1p Rummage Sales \$	
14	15 9:30a Walking Group	16 9am Arts and Crafts	17 9am Medora Trip for those signed up	18 9:30a Library	19 9:30a Walking Group @Chief Looking's Village	20
	11am- Recovery Group-Coping with Change 12pm HH Soup Kitchen 1:30pm Wii Bowling 4pm-Chair Exercises with Joy	1pm Newsletter Meeting 3p Dairy Queen and Movie	9:30am Walking Group 11:30am Spirit of Life No Dream Center or Peer Support tonight	11am Peer Support 1PM BINGO 2pm-4p August Birthday Celebration	11a-Movie The Bucket List 1pm Let's Play Pool!	
21	22 9:30a Walking Group	23 9:30am Gifted Bean and Library	24 9:30a Walking Group	25 9am Zoo-Train Rides	26 9:30a Walking Group-Sibley Park	27
	11am- Recovery Group-How to Advocate for your medical care 12pm HH Soup Kitchen 1:30pm Rock Painting and clean up	Bring your own Lunch 4:30p-5:30p Art at the Dream Center 5:30p Dream Center and Peer Support Group	11:30a-Spirit of Life 1p Outdoor Games 4:30p China Garden and Peer Support Group	11am Peer Support 12p Make your own Pizza-Supplies Provided 1pm Community Blessings -Mandan	11a-Movie-Home Team Bring a sack lunch 1pm Skipo Games	
28	29 9:30a Walking Group	30	31 9:30a Walking Group	1	2	3
	11am- Recovery Group-Self Care for Body and Mind 12pm HH Soup Kitchen 2pm Scavenger Hunt (outdoors)	10am-Chair Exercises with Joy 12pm Lunch is Served 3:00 p Trolley Ride and A & B Pizza \$	11:30a-Spirit of Life 1pm Art Therapy - Feeling Wheel 4:30p Dream Center and Peer Support Group			
4		5 Notes: Bring a lunch and join us any day... The DRC will be closing at 4pm each Thursday for Staff Development				

On out of town trip days, the center is open and activities will be added based on number of people present.

Wednesday's Spirit of Life Activity is to get a food box and a sack lunch