

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

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APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> 11a Wellness w/ Jodie 1p Trivia 3p Peer Support	<p style="text-align: right;">2</p> 8:30a Peer Support 2p Anger Management 5:30p Dream Center	<p style="text-align: right;">3</p> 8:30a Chair Exercises 2p Talking Circle	<p style="text-align: right;">4</p> 10a Smoking Cessation Class 1p Facts about High Blood Pressure 2p Pinnacle Club	<p style="text-align: right;">5</p> 1p Members Meeting
<p style="text-align: right;">8</p> 11a Wellness w/ Deb 1p YMCA or Walking Outside 3p Peer Support	<p style="text-align: right;">9</p> 8:30a Peer Support 1p Money Management 4pm Garden Club	<p style="text-align: right;">10</p> 8:30a Chair Exercises 2p Talking Circle	<p style="text-align: right;">11</p> 1p Facts about Congestive Heart Failure 2p Pinnacle Club	<p style="text-align: right;">12</p> 11a Leaving for MadMoves Roller Rink in Steele, ND Eat Lunch in Steele
<p style="text-align: right;">15</p> 11a Chair Yoga 1p BINGO 3p Peer Support	<p style="text-align: right;">16</p> 8:30a Peer Support 1p Money Management 2p Members Choice	<p style="text-align: right;">17</p> 8:30a Chair Exercises 2p Talking Circle	<p style="text-align: right;">18</p> 10a Smoking Cessation Class 1p Facts about Substance Use 2p Pinnacle Club	<p style="text-align: right;">19</p> 3p Dakota Garden Expo at Event Center & Out to Supper
<p style="text-align: right;">22</p> 11a Soup Kitchen/YMCA 3p Peer Support	<p style="text-align: right;">23</p> 8:30a Peer Support 1p Money Management Event	<p style="text-align: right;">24</p> 8:30a Chair Exercises 2p Talking Circle	<p style="text-align: right;">25</p> 1p Proper Use of Medications 2p Pinnacle Club	<p style="text-align: right;">26</p> 1p Arts and Crafts
<p style="text-align: right;">29</p> 10a Move it or Lose It 12p Sack Lunch, Dakota Zoo & Peer Support	<p style="text-align: right;">30</p> 8:30a Peer Support 1p Money Management	Hours of Operation are 8a-4p Monday - Friday with some evening activities scheduled. Lunch is available Monday- Friday at the Center Serving 12p-12:45p; please sign up for the meals 24 hours ahead of time.		