



Building Better Mental Health Through Connections

Yearly Handbook Review

Happy New Year, everyone! Can you believe it's the start of a brand new year? And with the new the year... it's that time again. Time to gather and do our annual Harmony Center Handbook review. Please take some time and try and join us on either:

Friday, January 10th at 1:30pm or
Friday, January 24th at 1:30pm.

Your participation and input are greatly appreciated.



JANUARY at the Harmony Center

Peer Support Schedule

Mondays- 1:00pm- *Hybrid*
6:00pm- *Hybrid*

Thursdays- 1:00pm w/Andrea

Tuesdays- 1:00pm
(7th & 21st w/Williston Center)- *Hybrid*

Fridays- 1:00pm
(31st- *Circle of Hope- What's Going Good*)

Recovery "Living Well" Schedule

Tuesdays at 2:00pm-
Tech Help Day

Wednesdays at 1:00pm-
8th- Book Study w/Williston
15th- Cultural Cooking: Mulligatawny Soup
22nd- Mindful Minutes
29th- Let's Talk About Grief

Thursdays-

Friday at 1:30pm
10th- Membership Meeting: Handbook Review
24th- Membership Meeting: Handbook Review

Social/Recreational Schedule

Mondays at 11:00am-
Cards

Tuesdays at 11am-
Games

Wednesdays at 10:00am-
Fitness Time

Thursdays at 1:00pm-
Audio Book Club

Fridays at 2:00pm-
3rd- Hot Chocolate Social
10th- Bingo
17th- Painting
24th- Bingo
31st- Painting

(Please note that you can play cards/games or watch a video at anytime throughout the day, on any day, as long as it doesn't interrupt a scheduled activity.)

Special Events

1st- Center Closed... Happy New Year!
6th- Baking Cupcakes- 2:00pm
7th- Birthday Celebrations- 2:00pm
20th- Center Closed... Happy Martin Luther King Day!
27th- Meal- Taco in a Bag*- 5:00pm



Start the new year with positive self-care, you can focus on establishing a health morning routine with elements like waking up early, drinking water, exercising, practicing gratitude, setting daily goals, prioritizing sleep, limiting screen time, and incorporating mindful activities like meditation or journaling; gradually adding new habits and starting small to ensure consistency.



Monthly Recipe

Gingerbread Cupcakes

½ cup	unsalted butter	½ tsp.	baking soda
½ cup	brown sugar	¼ tsp.	salt
1 large	egg, room temperature	1 tsp.	ground cinnamon
½ cup	milk	½ tsp.	ground ginger
½ cup	dark molasses	½ tsp.	ground nutmeg
1 tsp.	pure vanilla extract	¼ tsp.	ground allspice
1 and 1/3 cups	all-purpose flour		Cream Cheese Frosting
½ tsp.	baking powder		



Preheat oven to 350 degrees. Line 12-count muffin pan with cupcake liners. Set aside.

In a large bowl beat the butter and brown sugar together on medium speed until creamy. Beat in the egg until combined, scraping down the sides and bottom of the bowl as needed. Beat in the milk, molasses, and vanilla on medium speed. Mixture will be piecey and not fully combined. That's ok.

In a large bowl, whisk the flour, baking powder, baking soda, salt cinnamon, ginger, nutmet, and allspice together until combined. With the mixer running on low speed, slowly pour the dry ingredients into the wet ingredients. Mix until just combined.

Fill cupcake liners 2/3 of the way full, no more. Bake for 19-21 minutes or until a toothpick inserted in the center comes out mostly clean. Allow to cool completely before frosting.

Frost with cream cheese frosting.

Nutrition Tips:

Jump-starting a Healthier New Year:

***Focus on portion control and mindful eating-** Focus on eating slowly and savoring the flavors, and pause to talk and socialize. Eating slower gives your body time to sense what you've eaten and signals the brain that you are full.

Push the plants- Make plant-based foods a high priority. Eat more salads. Go vegetarian once a week. Try new recipes. The Mediterranean and MIND diets emphasize eating fruits, vegetables, and whole grains, and using healthy oils.

Get spicy- Many spices contain antioxidants, flavonoids, and other beneficial compounds that are involved in mood and inflammation regulation.

Go easy on the alcohol or abstain altogether- Some studies suggest that just one daily drink may raise a person's risk of cardiovascular disease. And there are the extra calories to consider.

JANUARY WORDFIND



J A N U A R Y R R U L F R O Z E N
 S V O P R S L E D D I N G R T E A
 H A I L I U M T E R E T N I W M M
 I L T O M B B E T I H W E R I T W
 M A A W E Z E E R F B T O D N R O
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 T A O C R Y S T A L S T F I R D W O N S B R G E
 R T L E M I T T E N S L L A B W O N S C A R F !

JANUARY
 SNOWFLAKE
 SNOWFALL
 SLEET
 SNOWSTORM
 FLURRY
 HAIL
 SLUSH
 BLIZZARD
 SNOWDRIFTS
 SNOW-PACK
 SNOWBANK
 PRECIPITATION
 CRYSTALS
 FROZEN
 AVALANCHE
 SWIRLING
 DRIFTING
 MELT
 BLINDING
 FRAIL
 INTRICATE
 TINY
 CHILL
 WINTER
 FREEZE
 SNOWY
 SNOWMAN
 FROST
 ARCTIC
 TWINKLING
 WHITE
 COLD
 SHIMMERING

HOAR RIME
 SNOWBALLS
 SKIING

SUBZERO
 SHOVELS
 SCARF

FROSTBITE
 BLOWERS
 MITTENS

POLAR
 PLOWS
 HAT

SNOWFORTS
 SLEDDING
 COAT

(Left over letters reveal hidden message.)

Help Lines...

Warmline someone to talk to: 1-800-282-5005
 Mental Health Hotlines: 211 / 1-800-985-5990
 National Suicide Prevention Hotline: 1-800-273-8255
 Local- Human Service Center: 857-8500
 Suicide and Behavioral Health Crisis Line: 988



More information... Stuff in the Community



JANUARY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	4 th , 11 th & 18 th Minot Tastes & Creation Market... JCPenney Court... 10:00am Cost Varies		1	2 Free Tech Ed @ The Parker... Parker Center... 10:00am	3	4
5	6 Free Mondays are for Murder... Minot Public Library... 6:00pm <i>(Must sign-up for event)</i>	7 Free Vets for Vets Peer Support... Vet Space... 5:30pm	8 Free That's Craftastic... Minot Public Library... 6:00pm <i>(Must sign-up for event)</i>	9	10	11 Free Frozen Bizon Fatbike Race... Bison Plant Trail... 12:00pm
12	13 Free Reconnect with a friend...	14 \$35.00 Midwest Murder Podcast Live... Oak Park Theater... 7:00pm	15	16 \$10.00 MSU Wrestling... MSU Dome... 7:00pm	17 \$10.00 Murder On The Orient Express... Mouse River Players... 7:30pm	18
19 Check out the Minot Public Library and all they have to offer...	20	21 Free Vets for Vets Peers Support... Vet Space... 5:30pm	22	23	24 \$10.00 MSU Hockey... Maysa Arena... 7:30pm	25 \$10.00 MSU Basketball... MSU Dome... 7:00pm
26	27	28 Free Read a good book...	29	Free KMOT Ag Expo... ND State Fair Grounds... 9:00am		

For more **JANUARY** activities in the community go to... visitminot.org

Soup Kitchens in Minot:

Monday- 11am-12:30pm-
 Tuesday- 11:30am-12:30pm-
 Wednesday- 11:30am-12:30pm-
 Wednesday- 5:30pm-6:30pm-
 Thursday- 5:30pm-6:30pm-
 Friday- 11:30am-12:30pm-
 Saturday- 9:30am-10:30am-
 Sunday- 11:0030am-12:30pm-

Faith United Methodist Church,
 Christ Lutheran Church
 Immanuel Baptist Church
 Cornerstone Presbyterian Church
 St Leo's Catholic Church
 1st Lutheran Church
 Congregational United Church of Christ
 7th Day Adventist Church