

Club Connections

November 2024

Club Hours: Monday-Friday 8:00-4:30

Located on the fourth floor in the Human Service Center building

316 2nd Ave. West, Williston

Social Activities daily and hot coffee available

Join us Wednesday
November 27th
@ 1pm to listen
to a guest
speaker with the
F5 Project!!



The Club and
NWHSC are
closed on 11/28.



SAMHSA's 10 Guiding Principles of Recovery



1. Recovery emerges from **hope**. Belief that recovery is real and can overcome challenges and obstacles.
2. Recovery is **person driven**. Self-determination/direction are foundations as they define their goals.
3. Recovery occurs through **many pathways**. Every individual is unique with distinct needs, strengths, and background.
4. Recovery is **holistic**. Mind, body, spirit, and community are all encompassed for the individual's life.
5. Supported by **peers and allies**. Mutual and peer support are an invaluable role in recovery.
6. Supported through **relationships and social networks**. Involvement and presence of people who believe in the individual and offer hope, support, and encouragement.
7. Recovery is **culturally based and influenced**. Values, traditions, and beliefs are key for person's journey.
8. Recovery is supported by **addressing trauma**. Services and support should be trauma informed to foster safety.
9. Recovery involves **individual, family, and community**. Responsibility for their own self-care, support from families and communities.
10. Recovery is based on **respect**. Acceptance and appreciation are crucial.

(www.store.samhsa.gov)

Community Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9 Pumpkin-Palooza Craft Show @ Raymond Center 10-4 Game Nite @ James Center
10	11	12 Puzzle Palooza at the ARC 6:30 pm	13 Mobile Food Pantry 2:45-4:15pm at the Upper Missouri Fairgrounds	14	15	16
17	18	19	20	21	22 Spotlight at the James- open mic night	23 Game Night at the James Memorial Center 7p-12a
24	25	26	27	28 Turkey Trot at the Williston ARC 8:00 am	29 Holiday Lights Parade 6pm Warm Up After Light Up- JMC	30 Spring Lake Park Holiday Lights Drive Nov. 30 th – Dec. 31 st ; 5:30-9:30 pm



Pumpkin Pie Tacos

This is a great way to make your favorite pumpkin pie but in a different way. This is a quick and easy fall recipe. Warning, amazing deliciousness ahead!!

Ingredients:

- 6-8 tortillas
- ½ granulated sugar
- 1 tsp. ground cinnamon
- 1/3 cup butter (melted)
- 4 oz cream cheese (softened)
- ¼ cup powdered sugar
- ¼ cup pumpkin puree
- ½ tsp. vanilla extract
- 1 ½ tsp pumpkin spice
- Whipped topping

Directions: Pre-heat the oven to 400F. Make 3-4 circles out of each tortilla, roughly 4 inches (tip: use a cookie cutter). Stir together the sugar and cinnamon on a plate. Take each tortilla and gently poke them 4-5 times to prevent air bubbles. Brush both sides of the tortilla with melted butter and coat them in the sugar cinnamon mixture. Take a muffin tin and place it upside down. Place the tortilla pieces in between the muffin cups. Bake 10 minutes or until golden brown and let them cool in the pan. In a large bowl, beat the cream cheese and powdered sugar with a mixer until smooth and creamy. Add in pumpkin puree, vanilla, and pumpkin spice and mix. Evenly spoon the pumpkin filling into the cooled taco shells. Then top with the whipped cream. Sprinkle with cinnamon or chopped pecans. (www.sugarapron.com)

November Fun Facts

- November's full moon is traditionally called the Beaver Moon. This tradition goes back to colonial years as hunters would set beaver traps for the last time.
- November has just one birthstone and one birth flower. The birthstone is the radiant topaz and birth flower is chrysanthemum.
- The first Macy's Thanksgiving Day Parade was originally called the "Macy's Christmas Parade" to kick off the holiday shopping season.
- Butterball has a Turkey Talk Line. Open every November and December, this unique hotline is available to take questions via online, chat and email. Each year they answer more than 100,000 questions.
- Turkey's tryptophan doesn't make you tired. Often it's due to overeating called "postprandial fatigue".
- Thanksgiving leftovers led to the invention of tv dinners. In 1953, the Swanson company was left with 260 tons of extra turkey. Rather than eat the loss, the salesman created the idea for turkey dinners. In 1954, Swanson has sold 10 million frozen turkey meals, and the TV dinner industry was born. (www.housebeautiful.com)

Why do people love November?



Because they simply fall for it.



Gratitude

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

Appreciation
Volunteering
Relationship
Thanksgiving
Acknowledge
Compliment
Compassion
Friendship
Thoughtful
Happiness
Encourage
Kindness
Grateful
Thankful
Honesty
Respect
Loyalty
Excited
Family
Caring
Joyful
Loving
Good



The Club Event Schedule

Open Monday-Friday 8:00 am – 4:30
Any questions, please call (701) 774-4600



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Check out: The Club Recovery Center on Facebook! Don't miss out, give us a Like!</p>				<p>10:00 Cards 1 11:00 Bowling at the Strike Zone *sign-up sheet*</p>
<p>10:00 Mindfulness exercise 4 1:00 Cards</p>	<p>10:30 Sitting Tai Chi 5 12:00 Lunch: Grilled cheese, tomato soup 1:00 Peer Support/Minot 2:00 Cards</p>	<p>10:00 Cards 6 11:00 Low impact exercise 1:00 Recovery Education: Brainwashing</p>	<p>10:00 Cards 7 10:30 Chair Yoga 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo</p>	<p>10:30 Stretches 8 12:15 Recovery Ed: Guest speaker Cheryl with ALL – Williston group 2:00 Cards</p>
<p>CLOSED 11</p>	<p>12:00 Lunch: Turkey, potatoes, dinner rolls 12 1:00 Peer Support 2:00 Cards</p>	<p>11:00 Member mtg. 13 1:00 Recovery Education: Guest speaker breathing techniques 2:00 Cards</p>	<p>10:00 Cards 14 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo</p>	<p>10:00 Cards 15 1:00 Karaoke 2:30 Ice Cream Social</p>
<p>11:00 Recovery Ed: You Are Not a Rock by Mark Freeman; Step 11 18 1:00 Cards</p>	<p>12:00 Lunch: Sloppy joes, chips, fruit 19 1:00 Peer Support/Minot 2:00 Cards</p>	<p>10:00 Arts & Crafts 20 1:00 Recovery Education: Guest speaker with Protection and Advocacy 2:00 Cards</p>	<p>10:00 Cards 21 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo</p>	<p>10:00 Cards 22 11:00 Bowling at the Strike Zone *sing-up sheet*</p>
<p>10:00 Cards 25 11:00 Recovery Ed: Tobacco Education group 1:00 Movie and Popcorn: Inside Out 2</p>	<p>12:00 Lunch: Kielbasa hashbrown casserole 26 1:00 Peer Support 2:00 Cards</p>	<p>10:00 Arts & Crafts 27 1:00 Recovery Education: Guest speaker with the F5 Project 2:00 Cards</p>	<p>CLOSED 28</p>	<p>10:00 Cards 29 1:00 Wii U Games 2:30 Ice Cream Social</p>