

Club Connections

October 2024

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

Located on the fourth floor in the Human Service Center building

316 2nd Ave. West

Social Activities daily and hot coffee available

Come listen to our guest speaker from Protection and Advocacy on October 23rd. Come practice voting and learn about the electoral process!



Recovery Reinvented
Streaming Live
Wednesday October
30th @ 9:00 am



10 October is World Mental Health Day



World Mental Health Day occurs each year on the 10th of October. This is a result of a global advocacy and an awareness program started by the World Federation for Mental Health in 1992. This is one of the most important and far-reaching programs.

On the 10th of October, thousands of individuals and groups will gather to celebrate and promote this global day for mental health awareness. This is an annual program that was created to bring more attention to mental illness and its effects on an individual and their life, work, family, and overall stability of communities and countries.

One very important aspect of a 'good life' is our overall health. A 'healthy state of well-being' should address the whole person, 'the general condition of the body and mind'. Physical and mental well-being have a major impact on one another. Diseases should not be viewed in isolation from the possible mental and emotional needs of an individual.

Addressing mental health issues will lead to better outcomes, better compliance, and improved quality of life for people who suffer from chronic illnesses.

(www.ncbi.nlm.nih.gov)



OCTOBER

Community Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Lewis & Clark Big 10 Showdown	5 Lewis & Clark Big 10 Showdown Cottonwood Forest Pumpkin Patch 12-7 pm
	6 Cottonwood Forest Pumpkin Patch 12-7 pm	7	8 Puzzle Palooza at the ARC	9 Sk8 Nite @ Raymond Center	10 Sk8 Nite Costume Party @ Raymond Center	11 Bingo with Sober Society @ Papa Jacks
13 Cottonwood Forest Pumpkin Patch 12-7 pm	14	15	16	17	18	19 Pumpkin Patch Craft Show 10- 4 @ ARC Cottonwood Forest Pumpkin Patch 12-7 pm
20 Cottonwood Forest Pumpkin Patch 12-7 pm	21	22	23	24 Costumes on Ice @ Raymond Center	25 Spotlight at the James- Open Mic	26
27 Sober Sunday Funday Event 2-5 pm	28	29 Floating Pumpkin Patch @ ARC	30	31 Trail of Treats downtown Williston		

Candy Corn Fruit Parfait

Combine the love of candy corn with the healthiness of fruit. If you don't like candy corn, you can take it out completely or add a different piece of candy.

Ingredients:

- 3 (15 ounce) cans of mandarin oranges
- 3 cups of chunk pineapple
- 1 cup whipping cream
- 3-4 tablespoons powdered sugar
- 1 teaspoon vanilla
- Candy corn (as much as desired)



Directions: In a glass jar, layer fresh pineapple on the bottom and then add mandarin oranges on top. Now in a large bowl, combine the heavy whipping cream, powdered sugar, and vanilla. Beat until it forms a peak. Now top the fruit with the whipped cream. To complete the parfait, add a few candy corn pieces on top of the whipped cream and serve. Tip: Place mixing bowl and whisk in freezer to chill before using.

(www.justsimplymom.com)

What has hundreds of ears
but can't hear a thing?



A Cornfield!

October/Pumpkin Facts

- October is breast cancer awareness month and lupus awareness month. Also included are: National Popcorn Month, Pizza Month, Pork & Sausage Month.
- Pumpkins are technically a fruit because it contains seeds. It is a winter squash and closely related to cucumbers and melons.
- October 5, 1947, was the first presidential telecast address from the White House and was made by Harry S. Truman.
- Pumpkins grow everywhere except Antarctica.
- October 19, 1987, the Wall Street stocks plunged a record 508 points (22%) for the largest one day drop in stock market history, known as "Black Monday".
- The United States produces 1.5 billion pounds of pumpkins every year.
- Cinderella popularized pumpkins. The first ever known use of the word in literature was in the story of Cinderella.
- The largest pumpkin ever on record weighed 2,624.6 pounds.

(www.beachbodyondemand.com) (www.x.com)



FALL WORD SEARCH

Fall Word Search

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



CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER



The Club Event Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
	12:00 Lunch: Spaghetti, garlic bread, cake 1:00 Peer Support with Minot/zoom 2:00 Cards	11:00 Arts & Crafts 1:00 Recovery Ed. with Minot : "I Think I smell Garlic" Ch. 2 by J. Melvin. 2:00 Cards	10:00 Cards 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo	10:00 Cards 11:00 Fall Event at Spring Lake Park *sign-up sheet*
10:00 Seated Tai Chi 1:00 Cards	12:00 Lunch: Hot ham and cheese sandwiches 1:00 Peer Support with Minot/zoom 2:00 Cards	11:00 Member Meeting 1:00 Recovery Education: Post Traumatic Stress Disorder- triggers etc. 2:00 Cards	10:00 Cards 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo	10:00 Cards 1:00 Karaoke 2:30 Ice Cream Social
10:00 Cards 1:00 Recovery Education: You Are Not a Rock by Mark Freeman; step 11	12:00 Lunch: Egg bake, Toast, fruit 1:00 Peer Support with Minot/zoom 2:00 Cards	10:00 Cards 1:00 Recovery Education: Guest speaker breathing technique's part II 2:00 Diamond Art	10:00 Cards 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo	10:00 Cards 11:00 Bowling at the Strike Zone *sign-up sheet*
10:00 Cards 1:00 Ice Cream Social	12:00 Lunch: Sloppy joes, veggies, fruit 1:00 Peer Support with Minot/zoom 2:00 Cards	11:00 Book Club: Life and Death in Shanghai 1:00 Recovery Ed: Speaker from P&A; voting machine 2:00 Cards	10:00 Cards 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo	10:00 Cards 1:00 Halloween Party: make candy corn parfaits, listen to music, treats and more!
10:00 Cards 1:00 Movie and popcorn: Hocus Pocus	12:00 Lunch: Taco in a bag, fruit 1:00 Peer Support with Minot/zoom 2:00 Cards	8:30 Cards 9:00 – 4:30 Recovery Education: Streaming Recovery Reinvented 2024	10:00 Cards 12:00 Lunch: sandwiches 1:00 Peer Support 2:00 Bingo	