

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>View our calendar online:</p> 	<p>Full Circle RCC: 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org</p>	<p>Walk-in hours: Mon: 11am-7pm Tues: 11am-7pm Wed: 8am-4pm Thurs: 11am-7pm Fri: 11am-7pm</p>			<p>1 3pm Fitness Fridays 5-7pm Friday Fun Night 6pm Crochet Creations 7pm Freedom Train AA</p>	<p>2 </p>
<p>3 9-10:30am SMART Recovery</p>	<p>4 5:30pm Recovery Dharma 6:30pm Bad Company NA</p>	<p>5  12-1:30pm May Baskets 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p>6 6:30-8pm SMART Recovery</p>	<p>7 12pm Lunch & Learn:  Recovery Story - Cindy 1:15pm Meditation 6pm SMART Recovery</p>	<p>8 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA</p>	<p>9 9am 12-Step Silent Meditation Gathering</p>
<p>10 <i>Mother's Day</i> 9-10:30am SMART Recovery</p> 	<p>11 5:30pm Recovery Dharma 6:30pm Bad Company NA</p>	<p>12 12-1:30pm Creative Club 3-4:30pm Volunteer Orientation 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p>13</p>	<p>14 12pm Lunch & Learn:  Coping/Managing <i>Anxiety</i> 1:15pm Meditation 6pm SMART Recovery</p>	<p>15 3pm Fitness Fridays 4:30-5:30pm Comm. Conversations 5-7pm Friday Fun Night 6pm Crochet Creations 7pm Freedom Train AA</p>	<p>16</p>
<p>17 9-10:30am SMART Recovery</p>	<p>18 5:30pm Recovery Dharma 6:30pm Bad Company NA</p>	<p>19 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p>20 6:30-8pm SMART Recovery</p>	<p>21 12pm Lunch & Learn:  Dorothy's House 1:15pm Meditation 6pm SMART Recovery</p>	<p>22 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA</p>	<p>23 </p>
<p>24 9-10:30am SMART Recovery</p>	<p>25 Closed</p> 	<p>26 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p>27</p>	<p>28 12pm Lunch & Learn:  Harvest Academy 1:15pm Meditation 6pm SMART Recovery</p>	<p>29 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA</p>	<p>30</p>
<p>31 9-10:30am SMART Recovery</p>						

Description of Full Circle's Activities and Events

12-Step Silent Meditation Gathering – Join us on the second Saturday of each month for a 12-Step Silent Meditation Gathering. We will engage in three consecutive silent meditation sessions with brief breaks, followed by a time for sharing. Everyone is welcome. For more information contact Paul Witmer at paulwitmer@msn.com or 515-240-1653.

Bad Company – A registered Narcotics Anonymous (NA) meeting. Learn more at iowa-na.org.

Community Conversation – A collaborative meeting to team-build, brainstorm, and plan activities and services at Full Circle. All are welcome.

Creative Club – A weekly arts and crafts group. Supplies are provided for painting, coloring, drawing, and more. All are welcome.

Crochet Creations – A relaxing and creative space to connect, unwind, and learn crochet. All skill levels are welcome as we craft fun projects together. Materials provided.

Fitness Fridays – A weekly group exploring various physical wellness activities. Activities may include yoga, outdoor walks, or other gentle movements.

Freedom Train – A registered AA (Alcoholics Anonymous) meeting. Learn more at aa.org.

Friday Fun Night – Join us each Friday night for free, sober fun! Activities vary each week.

Lunch & Learn – An educational workshop on recovery-related topics and/or community resources. Lunch is provided. All are welcome.

May Baskets – Celebrate spring with a hands-on craft session! Join us to design and create your own May baskets using colorful materials, flowers, and personal touches. This relaxed, supportive environment encourages creativity, connection, and self-expression. All supplies provided—no experience necessary!

Meditation – A brief 20-30-minute group that includes silent meditation and mindfulness teachings.

Parenting in Recovery All Recovery Meeting – A topic discussion meeting for parents in recovery who are committed to sharing experiences, finding strength, and supporting one another. Discussions include perspectives of all family makeups and circumstances.

Recovery Dharma – A registered recovery meeting based on Buddhist principles and practices. Learn more at recoverydharma.org.

SMART Recovery – A registered recovery meeting that takes an evidence-based approach to support people with substance dependencies or addictive behaviors. Learn more at smartrecovery.org.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Volunteer Coordinator, Hannah Baumgarten, at hbaumgarten@recoverfullcircle.org for more information.

*** All activities are free of charge and open to all unless otherwise noted.**