

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30pm Recovery Dharma 6:30pm Bad Company NA	2 12-1:30pm Creative Club 6pm SMART Recovery	3 6:30-8pm SMART Recovery	4 12pm Lunch & Learn: Anti-Stigma  1:15pm Meditation 6pm SMART Recovery	5 3pm Fitness Fridays 5-7pm Friday Fun Night 6pm Crochet Creations 7pm Freedom Train AA	6 
	7 9-10:30am SMART Recovery	8  5:30pm Recovery Dharma 6:30pm Bad Company NA	9 12-1:30pm Creative Club 3-4:30pm Volunteer Orientation 6pm SMART Recovery	10	11 12pm Lunch & Learn: Stress Management  1:15pm Meditation 6pm SMART Recovery	12 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA
14 9-10:30am SMART Recovery	15 5:30pm Recovery Dharma 6:30pm Bad Company NA	16 12-1:30pm Creative Club 6pm SMART Recovery	17 6:30-8pm SMART Recovery	18 12pm Lunch & Learn: Evelyn K. Davis  1:15pm Meditation 6pm SMART Recovery	19 Closed for 	20
21 9-10:30am SMART Recovery 	22 5:30pm Recovery Dharma 6:30pm Bad Company NA	23 12-1:30pm Creative Club 6pm SMART Recovery	24	25 12pm Lunch & Learn: Personal Story - Jake  1:15pm Meditation 6pm SMART Recovery	26 3pm Fitness Fridays 4:30-5:30pm Comm. Conversations 5-7pm Friday Fun Night 7pm Freedom Train AA	27 
28 9-10:30am SMART Recovery	29 5:30pm Recovery Dharma 6:30pm Bad Company NA	30 12-1:30pm Creative Club 6pm SMART Recovery		Full Circle RCC: 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org	Walk-in hours: Mon: 11am-7pm Tues: 11am-7pm Wed: 8am-4pm Thurs: 11am-7pm Fri: 11am-7pm	View our calendar online: 

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 Alcoholics Anonymous (AA) 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.

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

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 Center Manager, Katey Rascon, at krascon@recoverfullcircle.org for more information.

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