

JANUARY 2026

 RECOVERY COMMUNITY CENTER DES MOINES	Full Circle RCC 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org	WALK-IN HOURS Monday: 11a-7p Tuesday: 11a-7p Wednesday: 8a-4p Thursday: 11a-7p Friday: 11a-7p		1 CLOSED FOR NEW YEAR'S DAY 6p SMART Recovery	2 3p Fitness Fridays 5-7p Friday Fun Night 7p Freedom Train AA	VIEW OUR CALENDAR ONLINE: 
4 9-10:30a SMART Recovery	5 5:30p Recovery Dharma 6:30p Bad Company NA	6 12-1:30p Creative Club 5p Crystal Clean + Sober 6p SMART Recovery	7 6:30-8p SMART Recovery	8 12p Lunch + Learn: <i>Change & How to Handle It</i> 1:15p Meditation 6p SMART Recovery	9 3p Fitness Fridays 5-7p Friday Fun Night 6p Crochet Creations 7p Freedom Train AA	10  9-11a 12-Step Silent Meditation Gathering
11 9-10:30a SMART Recovery	12 5:30p Recovery Dharma 6:30p Bad Company NA	13 12-1:30p Beads of Intention 3-4:30p Volunteer Orientation 5p Parenting in Recovery All Recovery Meeting 6p SMART Recovery	14	18 12p Lunch + Learn: <i>Denny's Personal Story</i> 1:15p Meditation 6p SMART Recovery	16 3p Fitness Fridays 4:30p Community Conversations 5-7p Friday Fun Night 6p Crochet Creations 7p Freedom Train AA	LUNCH + LEARN SPEAKERS 1/8: Barb Ranck, Employee & Family Resources 1/15: Denny Enos, Recoveree 1/22: Michelle Gonnering, Dupaco Credit Union 1/29: Kristi Kerner, Mindspring Outreach & Support
18 9-10:30a SMART Recovery	19 CLOSED FOR MARTIN LUTHER KING, JR. DAY 6:30p Bad Company NA	20 12-1:30p Creative Club 5p Crystal Clean + Sober 6p SMART Recovery	21 6:30-8p SMART Recovery	22 12p Lunch + Learn: <i>Debt Repayment</i> 1:15p Meditation 6p SMART Recovery	23 3p Fitness Fridays 5-7p Friday Fun Night 7p Freedom Train AA	
25 9-10:30a SMART Recovery	26 5:30p Recovery Dharma 6:30p Bad Company NA	27 12-1:30p Creative Club 5p Parenting in Recovery All Recovery Meeting 6p SMART Recovery	28	29 12p Lunch + Learn: <i>Mindspring Health Mental Health Alliance</i> 1:15p Meditation 6p SMART Recovery	30 3p Fitness Fridays 5-7p Friday Fun Night 7p Freedom Train AA	

Descriptions 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.

Beads of Intention – Join us in creating personalized bracelets to bring in the new year of positive goals, resilience, and hope! All are welcome! All materials are provided.

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

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

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.

Crystal Clean & Sober – A registered Crystal Meth Anonymous (CMA) meeting. Learn more at crystalmeth.org.

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.

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.

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.

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, Becky, at bsidebottom@recoverfullcircle.org for more information.

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