



HOPE IN RECOVERY CENTER

A place where we live recovery together one day at a time | Phone # (701) 809-3758

January

Sun. HOH	MONDAY HOH	TUESDAY HOH	Wednesday LHC	Thursday HOH	Friday LHC	Saturday HOH
				1  New Years Day	2 10:30 AM- GYST Planner Group 11:30-12:30 PM- Meal 1:00 PM- Chair Yoga	3 11:00 AM- RA 12:00 PM- ACA
4 8AM-12PM	5 11:00 AM- Members Meeting 3:00 PM- Cards & Board Games	6 11:30 AM- Rummy 3:00 PM- CODA Event: Seed of Hope Food Pantry	7 10:00 AM- P&B Games 11:30 AM-12:30 PM- Meal 1:00-3:30 PM- AH 4:00 PM- MH GRP	8 1:00 PM- Member's Movie Choice	9 10:30 AM- GYST Planner Group 11:30 AM-12:30 PM- Meal 1:00 PM- Chair Yoga 1:00 PM: Brain Injury Ed Group	10 11:00 AM- RA 12:00 PM- ACA
11 8AM-12PM	12 3:00 PM- Cards & Board Games Event: Snow Shoe Outing	13 11:30 AM- Rummy 3:00 PM- CODA	14 10:00 AM- P&B Games 11:30 AM-12:30 PM- Meal -FCN available 1:00-3:30 PM- AH 4:00 PM- MH GRP	15 1:00 PM- Member's Movie Choice	16 10:30 AM- GYST Planner Group 11:30 AM-12:30 PM- Meal 1:00 PM- Chair Yoga	17 11:00 AM- RA 12:00 PM- ACA
18 8AM-12PM	19 3:00 PM- Cards & Board Games	20 11:30 AM- Rummy 3:00 PM- CODA	21 10:00 AM- P&B Games 11:30 AM-12:30 PM- Meal 1:00-3:30 PM- AH 4:00 PM- MH GRP	22 1:00 PM- Member's Movie Choice	23 10:30 AM- GYST Planner Group 11:30 AM-12:30 PM- Meal 1:00 PM- Chair Yoga	24 11:00 AM- RA 12:00 PM- ACA Event: Fargo Birding Festival
25 8AM-12PM	26 3:00 PM- Cards & Board Games	27 11:30 AM- Rummy 3:00 PM- CODA	28 10:00 AM- P&B Games 11:30 AM-12:30 PM- Meal 1:00-3:30 PM- AH 4:00 PM- MH GRP	29 1:00 PM- Member's Movie Choice	30	31

LHC: Lighthouse Church

HOH: House of Hope

AH: Art Hangout

CODA: Codependents Anonymous

MH GRP: Mental Health Group

P&B Games: Puzzles and Board Games

RA: Recoveries Anonymous

ACA: Adult Children of Alcoholics

FCN: Faith Community Nurse

GYST: Get Your Stuff Together Planner Group

Check the back for event details & more! →

HIRC Weekly Hours

Sunday | 8:00 AM-12:00 PM

Monday | 11:00 AM-5:00 PM

Tuesday | 11:00 AM-5:00 PM

Wednesday | 9:00 AM-5:00 PM

Thursday | 9:00 AM-6:00 PM

Friday | 9:00 AM-4:00 PM

Saturday | 10:00 AM-2:00 PM

HIRC Locations

HOH: 111 9th St S, Fargo

Mondays, Tuesdays,
Thursdays, Saturdays &
Sundays

LHC: 21 9th St S, Fargo

Wednesdays & Fridays



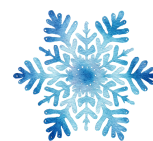
Bowling Night!

We had so much fun at our Bowling Night last month! Our members enjoy this activity and they're pretty good at it too! The high scores of the night were 166 & 170!



Christmas Caroling Night

Our festive caroling night was a ton of fun! We caroled around the Lighthouse campus, watched Christmas movies and ate some fancy holiday treats!



January Events

Member Meeting Jan. 5th

Join us for our Member Meeting on **Monday, Jan. 5th at 11 AM!** We will be meeting at the House of Hope as we discuss HIRC related information.

Seeds of Hope Food Pantry Jan. 6th

We will be taking 2 vans to the Seeds of Hope Food Pantry on January 6th. **The first van will leave at 1 PM** and will assist in unloading and organizing food items for distribution and will return around 4 PM at the latest. **The second van will leave at 5:15 PM** and will assist with moving and organizing food, as well as helping families with shopping/bringing food to vehicles. They will return around 8 PM.

Brain Injury Support & Learning Group Jan. 9th

Come join us for a time of support and learning around the topic of brain injuries. Shannan Stanke from the ND Brain Injury Network will be facilitating this group. **Join us from 1-2:30 PM on January 9th** in the Church basement!

Snowshoe Outing Jan. 12th

On January 12th, The HIRC will be heading to Edgewood Golf Course to snowshoe! The HIRC will be paying for snowshoe rentals for the first 12 people to sign up! If you would like to XC ski instead or purchase snacks, it will be your responsibility to pay. **We will meet at the HOH at 3:30 PM and we plan to stay until 6 PM**, depending on staff and member input.

Faith Community Nurse Jan. 14th

Our Faith Community Nurses will be available during the meal on **Wednesday, January 14th**. You can visit them for blood pressure checks, or any other health related questions or concerns!

Fargo Birding Festival Jan. 24th

Come join us for a fun and educational event to learn about the many over-wintering birds in the FM area! The Fargo Park District and Audubon Great Plains are hosting the Winter Birding Festival at Forest River Park! This free event is for all skill levels. Hot cocoa is provided! **We will be leaving the HOH at 8:30 AM**, and the event will be around 1-2 hours long. We hope to see you there!

Save the Date!

February 2nd | Member Meeting | 11:00 AM | HOH
February 12th | Giving Hearts Day | All day events!

