



















**A Place For Hope: Recovery & Wellness Center**  
 2419 12<sup>th</sup> Ave So., Suite 1  
 Moorhead, MN 56560  
 (218) 284-6069 [aplace4hope.center](http://aplace4hope.center)

Sunday *	Monday *	Tuesday 11-5*	Wednesday 11-5*	Thursday 11-5*	Friday 11-5*	Saturday *
				1 LaDonna Out  1pm "The Little Mermaid" at Horizon Middle School, 7 pm	2 LaDonna Out  <b>FYI</b> - First Fridays at B, 7:30-9 am	3 <b>FYI</b> - Pancake Breakfast  
4 Spring Carnival at Dilworth Lutheran Church, 4 pm 	5 LaDonna Out <b>FYI</b> -2-3pm Open Computer Classes @ MHD Library	6 Daily Bread- <b>Volunteers</b>  5-8 pm Rachel - work out in the back room	7 <b>FYI</b> : 1 MILLION CUPS, 9:15-10:15  1pm-Jennifer - ARMHS service presentation  4pm-Member meeting	8  1pm <b>FYI</b> Fargo Famous Talent Show @ FMCT, 7-9 pm	9 <b>FYI</b> - Candlelight Yoga @ Fercho YMCA, 6:45-8 pm  	10 10am-4pm-Celtic Festival @ Hjemkomst  
11 The Concordia Choir Home Concert, 4-5:30 pm 	12 LaDonna Out <b>FYI</b> -2-3pm Open Computer Classes @ MHD Library Origami Club @ Mhd Library, 6:30 pm  <b>FYI</b> - ARC Dance 7:15-8:15pm	13 Daily Bread- <b>Volunteers</b>  Grief Journeys for Adults - Evening Group, 6:30 pm 5pm-PR/Marketing	14 <b>FYI</b> : 1 MILLION CUPS, 9:15-10:15  	15 LaDonna Out Day On The Hill!   FMCT - Calendar Girls TBD 5:30- Board Meeting	16 	17 Downtown Fargo St Patrick's Day Parade, 1-3 pm  Season 9 Opener: LIVE Roller Derby, 5:30-8 pm
18 LaserFest 2018, MSUM Planetarium, 1 pm - The Beatles 	19 LaDonna Out  <b>FYI</b> -2-3pm Open Computer Classes @ MHD Library	20 Daily Bread- <b>Volunteers</b>  <b>Marcus Movies-TBD</b> <b>FYI</b> - 7-9 pm Centennial Lecture 5pm-Program Development	21 <b>FYI</b> : 1 MILLION CUPS, 9:15-10:15  "Secure Your ID Workshop," 6:30-8 pm @ Mhd Library  4pm-Volunteer meeting	22  1pm  2:30pm-Board Governance 3:30pm Finance	23 <b>FYI</b> - LaserFest MSUM Planetarium, 1 pm - The Beatles  30	24 <b>FYI</b> - LaserFest MSUM Planetarium, 1 pm - The Beatles  31
25 1pm- Moorhead Ice Show@MHD Sports 	26 LaDonna Out <b>FYI</b> -2-3pm Open Computer Classes @ MHD Library  Origami Club @ Mhd Library, 6:30 pm  <b>FYI</b> - ARC Dance 7:15-8:15pm	27 Daily Bread- <b>Volunteers</b>	28 <b>FYI</b> : 1 MILLION CUPS, 9:15-10:15  	29  1pm	<b>New Hours!</b> Tuesday-Friday 11am-5pm.  Mondays, evenings, weekends, and LaDonna outs are dependent upon volunteers	<b>FYI's are go on your own events</b>

# March



*The mission of A Place For Hope: Recovery and Wellness Center is to provide a safe, enriching and supportive recovery environment for adults living with a serious and persistent mental illness or serious mental illness to build social relationships, promote peer mentoring, improve health outcomes, and provide educational opportunities to lead a successful integrated life in the community.*

**March 1** - "The Little Mermaid" at Horizon Middle School. \$10 per adult ticket, \$6 for children

**March 2** - First Fridays at B - Fargo Theatre - Join Ugly Food of the North + Cass Clay Food Partners featuring a presentation + Q&A with Yoke-Sim Gunaratne of the Cultural Diversity Resources and Peter Schott of International Potluck Fargo. We look forward to a conversation about how these groups build connections and a tighter knit community through the sharing of food and culture.

**March 4** - Good old-fashioned carnival fun for the young and old. Carnival games, food, bingo, basket raffle, & silent auction. Proceeds will be given to DGF Elementary Schools & Pathways Youth Ministry. Admission cost is 50 cents and proceeds to be given to the DGF National Honor Society. Come and join the fun!

**March 7** - Jennifer Modine will give a presentation about ARMHS services at the Club at 1 pm

**March 10**-Celtic Festival @ Hjemkomst-10am-4pm

**March 11** - Concordia Home Concert - Free! - 901 8th St. S.

**March 12 and 26** - Origami Club @ Mhd Library, 6:30 pm. Free and materials are provided!

**March 13** - Grief Journeys for Adults - Evening Group, 6:30 pm. Hospice of the Red River Valley offers a free ongoing grief support group for anyone 18 years and older who have experienced a loss through death. The group meets on the second Tuesday of each month from 6:30-8 p.m. at Hospice of the Red River Valley located at 1701 38th St. S., Fargo, N.D. This group is free and open to the public. Free!

**March 15- Day on the Hill**-Rally at the state capitol and speak with your representatives. Bus Leaves at 5am.

**March 15** - FMCT presents Calendar Girls - Time TBD

**March 17** - Downtown parade! Meet at the club at 12 and leave by 12:15 to get a good spot!

**March 17** - The FM Derby Girls are BACK at the Fargo Civic Center, but for ONE NIGHT ONLY this season! Our Season 9 (2018) Opener is Saturday, March 17, 2018 at the Fargo Civic Center! \$12 per adult ticket

**March 18** - LaserFest 2018, MSUM Planetarium, 1 pm - The Beatles

**March 21** - "Secure Your Id Workshop" - 6:30-8 pm, free! The Better Business Bureau will be presenting a free two-part series at the Moorhead Library on keeping your identity safe. Our first session covers tips for securing your identity

**March 25**-Moorhead Ice show @ Moorhead Sports Center, 1pm \$8

**FYI's are go on your own events.**

**Daily Bread.** We will only be getting this on Tuesday's provided we have volunteers willing to go.

**Craft/Art Classes/Cooking.** We will try to have regular classes. If you have class suggestions or are interested in leading a class, please let me know.

**Reminder-Volunteer meetings are mandatory!**

\*We will be open Mondays, evenings, weekends & LaDonna outs if we have 2 volunteers signed up 1 day in advance. Reminder- our **new hours are Tuesday-Friday 11am-5pm, and Tuesdays 5-8 pm.**

FYI Events -- **FYI's are go on your own events.**

**March 3** - Pancake breakfast - Come enjoy all you can eat buttermilk and Swedish pancakes along with eggs, sausage and juice all for \$8. A friendly and inviting atmosphere at 1815 11th St N Moorhead.

**March 7, 14, 21, 28** -1 MILLION CUPS - 9:15-10:15 at FMCT. Every Wednesday join Emerging Prairie for 1 Million Cups. This free event features guest speakers, networking, and many cups of coffee. Please bring your own mug to receive your free coffee and help us conserve resources. Paper cups cost \$1.00.

**March 9** - Practiced in the gentle glow of candle light, this all-levels class is designed to help you relax, melt away tension, decrease feelings of stress, and increase a sense of peacefulness. FERCHO YMCA 4243 19th Ave S, \$5 nonmembers and free for members

**March 12 and 19** - ARC Dances, 7:15-8:15. Free admission. Ellen Hopkins Elementary School, 2020 11th St S, Moorhead.

**March 23, 24, 25** - Our 5<sup>th</sup> Annual LaserFest! Come rock out under the dome in an experience like none other. Treat your senses to pulsing beats, incredible imagery and dazzling laser light effects. Featuring music from over five decades, hearts, eyes and ears will enjoy the beautiful colors and laser art set to a collection of musical delights in an immersive visual environment. Tickets will be available online and at the door. \$8 general tickets

