



SDUIH SIOUX FALLS ACTIVITIES CALENDAR

JANUARY

Wiotherhika Wi

The Moon when the sun is scarce

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Info for Virtual Meetings Zoom Meeting: 813 3235 9090 Passcode: 123456 https://bit.ly/SDUIHrecovery			1 SDUIH CLOSED FOR NEW YEAR'S	2 SDUIH CLOSED FOR NEW YEAR'S	3
4	5 ● Wellbriety Talking Circle 6 PM VIRTUAL (ZOOM)	6 ● Wellbriety Meeting 11 AM - 12:30 PM VIRTUAL (ZOOM)	7 ● Beading + Sewing 11 AM - 1 PM @ Tiospaye Wakan Calvary Cathedral ● Wellbriety Recovery Group 7 PM VIRTUAL (ZOOM)	8 ● Red Road Talking Circle 12:15 PM @ St. Francis House ● Prayer Songs Class 6-7:30PM ● Beading + Sewing 6-8 PM ● Red Road Ašniyapi Ošpaye 8 PM	9 Location: Tiospaye Wakan @ Calvary Cathedral 500 S. Main Ave. (13th St entrance)	10
11	12 ● Wellbriety Talking Circle 6 PM VIRTUAL (ZOOM)	13 ● Wellbriety Meeting 11 AM - 12:30 PM VIRTUAL (ZOOM) ● Crafts @ the Clinic 12:00 - 2:00 PM Traditional Room @ SDUIH	14 ● Beading + Sewing 11 AM - 1 PM @ Tiospaye Wakan Calvary Cathedral ● Wellbriety Recovery Group 7 PM VIRTUAL (ZOOM)	15 ● Red Road Talking Circle 12:15 PM @ St. Francis House ● Prayer Songs Class 6-7:30PM ● Beading + Sewing 6-8 PM ● Red Road Ašniyapi Ošpaye 8 PM	16 Location: Tiospaye Wakan @ Calvary Cathedral 500 S. Main Ave. (13th St entrance)	17
18	19 SDUIH CLOSED FOR MLK DAY	20 ● Wellbriety Meeting 11 AM - 12:30 PM VIRTUAL (ZOOM) ● Crafts @ the Clinic 12:00 - 2:00 PM Traditional Room @ SDUIH	21 ● Beading + Sewing 11 AM - 1 PM @ Tiospaye Wakan Calvary Cathedral ● Wellbriety Recovery Group 7 PM VIRTUAL (ZOOM)	22 ● Red Road Talking Circle 12:15 PM @ St. Francis House ● Prayer Songs Class 6-7:30PM ● Beading + Sewing 6-8 PM ● Red Road Ašniyapi Ošpaye 8 PM	23 Location: Tiospaye Wakan @ Calvary Cathedral 500 S. Main Ave. (13th St entrance)	24
25	26 ● Wellbriety Talking Circle 6 PM VIRTUAL (ZOOM)	27 ● Wellbriety Meeting 11 AM - 12:30 PM VIRTUAL (ZOOM) ● Crafts @ the Clinic 12:00 - 2:00 PM Traditional Room @ SDUIH ● BINGO 2 PM @ Traditional RM, SDUIH 1200 N West Ave	28 ● Beading + Sewing 11 AM - 1 PM @ Tiospaye Wakan Calvary Cathedral ● Wellbriety Recovery Group 7 PM VIRTUAL (ZOOM)	29 ● Red Road Talking Circle 12:15 PM @ St. Francis House ● Prayer Songs Class 6-7:30PM ● Beading + Sewing 6-8 PM ● Red Road Ašniyapi Ošpaye 8 PM	30 Location: Tiospaye Wakan @ Calvary Cathedral 500 S. Main Ave. (13th St entrance)	31

Contact SDUIH at 605-339-0420 with questions.

Groups will meet at the locations noted above.

Thanks to our community partners for sharing their space with us and our relatives!

Visit our events page to view our interactive calendar!

<https://sduih.org/events/sioux-falls-calendar/>



SDUIH
South Dakota Urban Indian Health
est. 1987
INTEGRATED CARE FOR ALL

Upcoming Events:
Bingo on Tuesday,
JAN 27



CULTURAL GROUP ACTIVITIES

BEADING + SEWING

Join us for coffee, laughter, and traditional craft making! Open to the community. Enjoy a nice cup of coffee and work on traditional crafts, like beading and sewing, with help from the experts.

Facilitator: Ebony Tiger

Tiospaye Wakan @ Calvary Cathedral
500 S. Main Ave., Sioux Falls SD 57104

Wednesdays, 11am – 1pm
Thursdays, 6 – 8pm

RED ROAD TALKING CIRCLE

Talking Circles are rooted in Native American traditions and offer a place for individuals to connect with themselves and others through dialogue and storytelling. All are welcome to join this safe space to share their thoughts, feelings, and experiences of recovery.

Red Road Talking Circles, regardless of location, are open to anyone from the community!

Locations

- **St. Francis House;** Facilitator: Nikki Schoffelman
210 N. Sherman Ave, Sioux Falls SD 57103
Thursdays, 12:15pm
- **Tiospaye Wakan @ Calvary Cathedral;** Facilitator: Nikki Schoffelman
500 S. Main Ave., Sioux Falls SD 57104 (Use 13th St. entrance)
Thursdays, 8pm

PRAYER SONGS

This class will run 8–10 weeks. Relatives will learn 10 Lakota/Dakota prayer songs. Open to all.

Facilitator: Michael O'Connor

Tiospaye Wakan @ Calvary Cathedral
500 S. Main Ave., Sioux Falls SD 57104 (Use 13th St Entrance)
Thursdays, 6pm

WELLBRIETY

Wellbriety is a 12-Step meeting and recovery program developed by White Bison. Rooted in the teachings of Medicine Wheel, The Cycle of Life, and the Four Laws of Changes, this group is open to everyone. Open to all.

Location

- **VIRTUAL;** Facilitator: Michael O'Connor

To join meeting, use the meeting ID, link, or scan the QR code.

Zoom Meeting ID: 813 3235 9090
Passcode: 123456
<https://bit.ly/SDUIHrecovery>

To use a phone to call in, dial: 1-669-444-9171

Mondays, 6pm
Tuesdays, 11am
Wednesdays, 7pm



bitly