

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Goals Group 9:15 am Exercise group 9:30 am Meditation 12:00 am Anger Management 12:15pm Games 1:00pm	4 Closed	5 Sewing 8:30 am Goals Group 9:15 am 9:30 am Community Reintegration outing S.M.A.R.T Recovery 1:00pm	6 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Sewing 12:30 pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	7 Goals Group 9:15 am Art 9:30 am Fresh Friday's Wellness / Cooking group 10:15am Isometrics 12:00pm	8
9	10 Goals Group 9:15 am Exercise group 9:30 am Meditation 12:00 am Anger Management 12:15pm Games 1:00pm	11 Goals Group 9:15am Exercise group 9:30am DBT 12:00- 12:30pm Sewing 12:30-1:30 Games or Karaoke 2:00pm	12 Sewing 8:30 am Goals Group 9:15 am 9:30 am Community Reintegration outing S.M.A.R.T Recovery 1:00pm	13 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Sewing 12:30 pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	14 Goals Group 9:15 am Art 9:30 am Fresh Friday's Wellness / Cooking group 10:15am Music and Emotions 12:00pm	15
16	17 Goals Group 9:15 am Exercise group 9:30 am Meditation 12:00 am Anger Management 12:15pm Games 1:00pm	18 Goals Group 9:15am Exercise group 9:30am DBT 12:00- 12:30pm Sewing 12:30-1:30 Games or Karaoke 2:00pm	19 Sewing 8:30 am Goals Group 9:15 am 9:30 am Community Reintegration outing S.M.A.R.T Recovery 1:00pm	20 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Sewing 12:30 pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	21 Goals Group 9:15 am Art 9:30 am Fresh Friday's Wellness / Cooking group 10:15am Isometrics 12:00pm	22
23	24 Goals Group 9:15 am Exercise group 9:30 am Meditation 12:00 am Anger Management 12:15pm Games 1:00pm	25 Goals Group 9:15am Exercise group 9:30am DBT 12:00- 12:30pm Sewing 12:30-1:30 Games or Karaoke 2:00pm	26 Sewing 8:30 am Goals Group 9:15 am 9:30 am Community Reintegration outing S.M.A.R.T Recovery 1:00pm	27 Goals Group 9:15am Brain and Body 9:45am Wellness group 12:00pm Sewing 12:30 pm Lavender Connection (LGBTQ+) 1:30- 2:30pm	28 Goals Group 9:15 am Art 9:30 am Fresh Friday's Wellness / Cooking group 10:15am Member Meeting 12:00pm	29
30	31 Goals Group 9:15 am Exercise group 9:30 am Meditation 12:00 am Anger Management 12:15pm Games 1:00pm					Recovery Solutions 2003 E 4th Street Pueblo, Co 81001 719-544-6373 Open Mon-Fri 8am

