



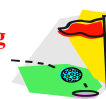
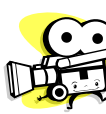



Delta New Beginnings Recovery Center
 107 West 11th Street
 Delta, CO 81416
 970-874-0346
 Contact Jim or Tabitha



Hours of Operation:
 Monday – Thursday
 10:00 AM – 3:00 PM
 CLOSED FRIDAYS

Monday (Gwen)	Tuesday (Deb)	Wednesday (Barb/Jim)	Thursday (Deb)
<p>May 31 Closed for Memorial Day Holiday</p> 	<p>1</p> <p>10:00 - 11:00 Support Group 11:00 - 11:15 Exercise Group 11:15 - 12:00 Current Events Group 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Relaxation Skills 1:00 - 1:45 Worry Control 2:00 - 3:00 Crafts</p>	<p>2</p> <p>10:00 - 11:00 Support Group 11:00 - 11:45 Chicken Soup Discussion Group 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Computer Skills 1:00 - 1:45 Anger Management Skills 2:00 - 3:00 Games</p>	<p>3</p> <p>All Day Special in Montrose Call Early for transportation 10:30 - Noon Medicaid training Carol Jean FREE Lunch Provided</p>  <p>Afternoon:</p>
<p>7</p> <p>10:00 - 11:00 Support Group 11:00 - 12:00 Religions of the World Class 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Relaxation Skills 1:00 - 2:00 Creative Writing Class 2:00 - 3:00 Art Class</p>	<p>8</p> <p>10:00 - 11:00 Support Group 11:00 - 11:15 Exercise Group 11:15 - 12:00 Current Events Group</p> <p>12:00 - 3:00 June Celebration</p> 	<p>9</p> <p>10:00 - 11:00 Support Group 11:00 - 11:45 Boundaries Skills 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Library Skills (Lauretta) 1:00 - 1:45 Emotions Anonymous Group 2:00 - 3:00 Pet Therapy</p>	<p>10</p> <p>8:30-4:00 – Grand Junction Trip (Bring Own Money for Lunch!)</p> 
<p>14</p> <p>10:00 - 11:00 Support Group 11:00 - 12:00 Music Appreciation 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Relaxation Skills 1:00 - 2:00 Coping Skills 2:00 - 3:00 Art Class</p>	<p>15</p> <p>10:00 - 11:00 Support Group 11:00 - 11:15 Exercise Group 11:15 - 12:00 Current Events Group 12:00 - 12:30 Nutrition Class 12:30 - 3:00 ANNUAL SPRING CLEANING DAY</p>	<p>16</p> <p>10:00 - 11:00 Support Group 11:00 - 11:45 Anger Management Skills 12:00 - 12:30 Nutrition Class 12:30 - 3:00 Mini Golf Outing with Montrose (In Delta)</p> 	<p>17</p> <p>10:00 - 11:00 Support Group 11:00 - 11:15 Exercise Class 11:15 - 12:00 State History Class 12:00 – 3:00 Picnic and Games in the Park</p>
<p>21</p> <p>10:00 - 11:00 Support Group 11:00 - 12:00 Guest Speaker Carol Jean 12:00 - 1:00 Chef Salad Lunch 1:00 - 2:00 Creative Writing Class 2:00 - 3:00 Art Class</p>	<p>22</p> <p>10:00 - 11:00 Support Group 11:00 - 11:15 Exercise Group 11:15 - 12:00 Current Events Group 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Relaxation Skills 1:00-3:00 Consumer Council Meeting</p>	<p>23</p> <p>10:00 - 11:00 Support Group 11:00 - 12:00 Guest Speaker Linda from The Delta Chamber of Commerce 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Computer Skills 1:00 - 1:45 Emotions Anonymous Group 2:00 - 3:00 Pet Therapy</p>	<p>24</p> <p>10:00 - 11:00 Support Group 11:00 - 11:15 Exercise Class 11:15 - 12:00 State History Class 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Relaxation Skills 1:00 – 3:00 Movie and Popcorn</p> 
<p>28</p> <p>10:00 - 11:00 Support Group 11:00 - 12:00 Religions of the World Class 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Relaxation Skills 1:00 - 2:00 Coping Skills 2:00 - 3:00 Art Class</p>	<p>29</p> <p>10:00 - 11:00 Support Group 11:00 - 11:15 Exercise Group 11:15 - 12:00 Current Events Group 12:00 - 12:30 Nutrition Class 12:30 - 1:00 Relaxation Skills 1:00 - 1:45 Worry Control 2:00 - 3:00 Crafts</p>	<p>30</p> <p>10:00 - 11:00 Support Group 11:00 - 12:00 Boundries Skills 12:00 - 3:00 May Birthday Celebration</p> 	

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