









Monday	Tuesday	Wednesday	Thursday
May 31 Closed for Memorial Day Holiday 	1 10:00 – 1:00 Support Group 11:00 - 12:00 Guest Speaker Jon Gordon 12:00 - 1:00 Cooking Class 1:00 - 1:45 Computer Class 2:00 - 3:00 Cultures of the World Class	2 10:00 - 11:00 Support Group 11:00 - 11:45 Pathways 12:00 – 1:00 Nutrition Group 1:00 - 1:45 Crafts Class 2:00 – 2:30 Exercise Class 2:30 – 3:00 Journaling	3 All Day Special in Montrose 10:00 - Medicaid training Carol Jean FREE Lunch Provided Afternoon: 
7 10:00 - 11:00 Support Group 11:00 - 11:15 Goal Setting Skills 11:15 - 12:00 Menu Planning Skills 12:00 - 1:00 Nutrition Group 1:00 – 3:00 Gardening Group	8 10:00 - 11:00 Support Group 11:00 - 12 :00 Anger Management Skills 12:00 - 3:00 June Celebration 	9 10:00 - 11:00 Support Group 11:00 - 11:45 Creative Coping 12:00 - 1:00 Nutrition Group 1:00 – 2:00 Crafts Class 2:00 - 2:30 Exercise 2:00 - 3:00 Journaling	10 8:30-4:00 – Grand Junction Trip (Bring Own Money for Lunch!) 
14 10:00 - 11:00 Support Group 11:00 - 11:15 Goal Setting 11:15 - 12:00 Menu Planning 12:00 - 1:00 Closed 1:00 - 3:00 Advisory Council Meeting 	15 10:00 - 11:00 Support Group 11:00 - 11:45 Social Anxiety Skills 12:00 - 1:00 Cooking Class 1:00 - 3:00 Computer Class 2:00 - 2:45 Cultures of the World Class	16 10:00 - 11:00 Support Group 11:00 - 11:45 Pathways 12:00 - 12:30 Nutrition Class 12:30 - 3:00 Mini Golf Outing with Delta (In Delta) 	17 10:00 - 11:00 Support Group 11:00 - 11:45 Current Events 12:00 - 1:00 Cooking Class 1:00 - 3:00 Game Time
21 10:00 - 11:00 Support Group 11:00 - 11:15 Goal Setting 11:15 - 12:00 Menu Planning 12:00 – 1:00 Nutrition class 1:00 – 3:00 Gardening Group	22 10:00 - 11:00 Support Group 11:00 - 11:45 Music Appreciation 12:00 - 1:00 Cooking Class 1:00 - 1:45 Anger Management Skills 2:00 - 3:00 Learning about us group	23 10:00 - 11:30 Meal Prep for Special Luncheon 12:00 - 1:00 Special Luncheon at Miami Office 1:00 – 2:30 Clean up	24 10:00 - 11:00 Support Group 11:00 - 11:45 Current Events 12:00 – 1:00 Cooking Class 1:00 - 3:00 Movie and Popcorn 
28 10:00 - 11:00 Support Group 11:00 - 11:15 Goal Setting 11:15 - 12:00 Menu Planning 12:00 – 1:00 Nutrition class 1:00 – 3:00 Gardening Group	29 10:00 - 11:00 Support Group 11:00 - 11:45 Social Anxiety Skills 12:00 - 1:00 Cooking Class 1:00 - 3:00 Computer Class 2:00 - 2:45 Cultures of the World Class	30 10:00 - 11:00 Support Group 11:00 - 11:45 Pathways 12:00 - 3:00 June Birthdays 	

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