

| Sunday | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday |
|--------|--|--|--|---|--|----------|
| 1      | 2<br>Goals Group 9:15 am<br>Relaxation/AcuDetox 9:30 am<br>Anger Management 12:00pm<br>Games 1:00pm  | 3<br>Goals Group 9:15am<br>Exercise group 9:30am<br>Coping with Depression 12:00pm<br>Baking 12:00-1:30<br>Games or Karaoke 2:00pm | 4<br>Sewing 8:00 am<br>Goals Group 9:15 am<br>9:30 am Community Reintegration outing<br>S.M.A.R.T Recovery 1:00pm  | 5<br>Goals Group 9:15am<br>Brain and Body 9:45am<br>Wellness group 12:00pm<br>Lavender Connection (LGBTQ+) 1:30- 2:30pm                                 | 6<br>Goals Group 9:15 am<br>Bingo 9:30 am<br>Fresh Friday's Wellness / Cooking group 10:15am<br>12:00 Sewing<br>AcuDetox 1:00pm  | 7        |
| 8      | 9<br>Goals Group 9:15 am<br>Relaxation/AcuDetox 9:30 am<br>Anger Management 12:00pm<br>Games 1:00pm  | 10<br>Goals Group 9:15am<br>Exercise group 9:30am<br>Coping with Anxiety 12:00pm<br>Baking 12:00-1:30<br>Games or Karaoke 2:00pm   | 11<br>Sewing 8:00 am<br>Goals Group 9:15 am<br>9:30 am Community Reintegration outing<br>S.M.A.R.T Recovery 1:00pm | 12<br>Goals Group 9:15am<br>Brain and Body 9:45am<br>Wellness group 12:00pm<br>Lavender Connection (LGBTQ+) 1:30- 2:30pm                                | 13<br>Goals Group 9:15 am<br>Art 9:30 am<br>Fresh Friday's Wellness / Cooking group 10:15am<br>Sewing 12:00pm<br>AcuDetox 1:00pm | 14       |
| 15     | 16<br>Goals Group 9:15 am<br>Relaxation/AcuDetox 9:30 am<br>Anger Management 12:00pm<br>Games 1:00pm | 17<br>Goals Group 9:15am<br>Exercise group 9300am<br>Stress Management 12:00pm<br>Baking 12:00-1:30<br>Games or Karaoke 2:00pm     | 18<br>Sewing 8:00 am<br>Goals Group 9:15 am<br>9:30 am Community Reintegration outing<br>S.M.A.R.T Recovery 1:00pm | 19<br>Goals Group 9:15am<br>Brain and Body 9:45am<br>Wellness group 12:00pm<br>Lavender Connection (LGBTQ+) 1:30- 2:30pm                                | 20<br>Goals Group 9:15 am<br>Bingo 9:30 am<br>Fresh Friday's Wellness / Cooking group 10:15am<br>12:00 Sewing<br>AcuDetox 1:00pm | 21       |
| 22     | 23<br>Goals Group 9:15 am<br>Relaxation/AcuDetox 9:30 am<br>Anger Management 12:00pm<br>Games 1:00pm | 24<br>Goals Group 9:15am<br>Exercise group 9:30am<br>Music and Emotion 12:00pm<br>Baking 12:00-1:30<br>Games or Karaoke 2:00pm     | 25<br>Sewing 8:00 am<br>Goals Group 9:15 am<br>9:30 am Community Reintegration outing<br>S.M.A.R.T Recovery 1:00pm | 26<br>Goals Group 9:15am<br>Brain and Body 9:45am<br>Wellness group 12:00pm<br>Lavender Connection (LGBTQ+) 1:30- 2:30pm                                | 27<br>Goals Group 9:15 am<br>Art 9:30 am<br>Fresh Friday's Wellness / Cooking group 10:15am<br>Sewing 12:00pm<br>AcuDetox 1:00pm | 28       |
| 29     | 30<br>Goals Group 9:15 am<br>Relaxation/AcuDetox 9:30 am<br>Anger Management 12:00pm<br>Games 1:00pm | 31<br><b>Halloween Party</b>   |  | <b>Recovery Solutions</b><br><b>2003 E 4<sup>th</sup> Street</b><br><b>Pueblo, Co 81001</b><br><b>719-544-6373</b><br><b>Open Mon-Fri</b><br><b>8am</b> |  |          |