





**Delta New Beginnings Recovery Center**  
**107 West 11<sup>th</sup> 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)
<b>1</b> 10:00 - 11:00 Support Group 11:00 - 12:00 Computer Class 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 Coping Skills (Jim) 2:00 - 3:00 Learning Video - Bipolar	<b>2</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise 11:15 - 12:00 Current Events 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 Colorado 2:00 - 3:00 Arts & Crafts	<b>3</b> 10:00 - 11:00 Support Group 11:00 - 12:00 Chicken Soup 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation <b>1:00 - 2:00 Guest Speaker – Special Olympics</b> 2:00 - 3:00 Emotions Anonymous.	<b>4</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise 11:15 - 12:00 Anxiety 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation <b>1:00 - 3:00 Movie &amp; Popcorn</b>
<b>8</b> 10:00 - 11:00 Support Group <b>11:00 - 12:00 Origami with Seon</b> 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 2:00 Art with Gwen 2:00 - 3:00 Creative Writing	<b>9</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise 11:15 - 12:00 Current Events 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 Reading The Classics <b>2:00 - 3:00 Snap Shots</b>	<b>10</b> 10:00 - 11:00 Support Group 11:00 - 11:45 Stress Reduction 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 How U Feel 2:00 - 2:45 Anger Management	<b>11</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise (Mindy) 11:15 - 12:00 Worry Control 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 Life Management 2:00 - 3:00 Games
<b>15</b> 10:00 - 11:00 Support Groups 11:00 - 12:00 Coping with Gwen 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation <b>1:00-3:00 Bowling Outing</b> 	<b>16</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise 11:15 - 12:00 Current Events 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 Colorado 2:00 - 3:00 Arts & Crafts	<b>17</b> 10:00 - 11:00 Support Group 11:00 - 12:00 Chicken Soup <b>12:00 - 3:00 St. Patrick's Day Party Root Beer Floats and Ice Cream Sundaes</b> 	<b>18</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise (Mindy) 11:15 - 12:00 Anxiety 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation <b>1:00 - 3:00 Movie &amp; Popcorn</b>
<b>22</b> 10:00 - 11:00 Support Group 11:00 - 12:00 Art With Gwen 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 2:00 Music Appreciation 2:00 - 3:00 Creative Writing	<b>23</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise 11:15 - 12:00 Current Events 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 Reading The Classics <b>2:00 - 3:00 Snap Shots</b>	<b>24</b> 10:00 - 11:00 Support Group 11:00 - 11:45 Stress Reduction 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 How U Feel 2:00 - 2:45 Anger Mgt.	<b>25</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise (Mindy) 11:15 - 12:00 Worry Control 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation <b>1:00-3:00 Consumer Council Meeting</b> 
<b>29</b> <b>10:00 - 11:00 Mindfulness and Relaxation With Special Speaker - Dawn Capewell</b> 11:00 - 12:00 Coping with Gwen 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 3:00 Learning Video – Schizophrenia	<b>30</b> 10:00 - 11:00 Support Group 11:00 - 11:15 Exercise 11:15 - 12:00 Current Events <b>12:00 - 3:00 March Birthday Celebration</b> 	<b>31</b> 10:00 - 11:00 Support Group 11:00 - 12:00 Chicken Soup 12:00 - 12:30 Nutrition 12:30 - 1:00 Relaxation 1:00 - 1:45 Emotions Anonymous 2:00 - 3:00 Pet Therapy	

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