








Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p>10:00 - 11:00 Current Events 11:00-11:15 Goal Setting 11:15-12:00 Menu Planning 12:00-1:00 Nutrition 1:00-1:45 Religions 2:00-3:00 Relationships</p>	<p>2</p> <p>10:00-10:45 Computer Class 11:00-11:45 Dealing with Depression 12:00-1:00 Cooking Class 1:00-1:45 Anger Management 2:00-2:45 Creative Writing (Terri)</p>	<p>3</p> <p>10:00-10:45 Pathways 11:00-11:45 How You Feel 12:00-1:00 Nutrition 1:00-1:45 Exercise With Gwen 2:00-3:00 Learning Video</p>	<p>4</p> <p>10:00-10:45 Creative Coping 11:00-11:45 Stress Reduction 12:00-1:00 Lunch Outing (Bring your own money) 1:00-3:00 Game Time</p> 
<p>8</p> <p>10:00 - 11:00 Current Events 11:00-11:15 Goal Setting 11:15-12:00 Menu Planning 12:00-1:00 Closed 1:00-3:00 Advisory Council Meeting</p> 	<p>9</p> <p>10:00-10:45 Music Appreciation 11:00-11:45 Self Confidence 12:00-1:00 Cooking Class 1:00-1:45 Life Management 2:00-3:00 Art (Alicia)</p>	<p>10</p> <p>10:00-10:45 Life Strategies 11:00-11:45 Worry Control 12:00-1:00 Nutrition 1:00-1:45 Exercise w/Gwen 2:00-3:00 Mindfulness</p>	<p>11</p> <p>10:00-10:45 Social Anxiety 11:00-11:45 Assertiveness 12:00-1:00 Cooking Class 1:00-3:00 Movie and Popcorn</p>
<p>15</p> <p>10:00 - 11:00 Current Events 11:00-11:15 Goal Setting 11:15-12:00 Menu Planning 12:00-1:00 Nutrition 1:00-1:45 Religions 2:00-3:00 Relationships</p>	<p>16</p> <p>10:00-12:00 Outing to the Ute Indian Museum 12:00-1:00 Lunch Outing 1:00-1:45 Anger Management 2:00-2:45 Creative Writing (Terri)</p> 	<p>17</p> <p>10:00-10:45 Pathways 11:00-11:45 How You Feel 12:00-1:00 St. Patrick's Day Party Root Beer Floats and Ice Cream Sundaes!</p> 	<p>18</p> <p>10:00-10:45 Creative Coping 11:00-11:45 Stress Reduction 12:00-1:00 Cooking Class 1:00-3:00 Game Time</p>
<p>22</p> <p>10:00 - 11:00 Current Events 11:00-11:15 Goal Setting 11:15-12:00 Menu Planning 12:00-1:00 Nutrition 1:00-3:00 Consumer Council</p> 	<p>23</p> <p>10:00-10:45 Emotions 11:00-11:45 Self Confidence 12:00-1:00 Cooking Class 1:00-1:45 Life Management 2:00-3:00 Art (Alicia)</p>	<p>24</p> <p>10:00-10:45 Life Strategies 11:00-11:45 Worry Control 12:00-1:00 Nutrition 1:00-3:00 Bowling Outing</p> 	<p>25</p> <p>10:00-10:45 Social Anxiety 11:00-11:45 Assertiveness 12:00-3:00 November Birthdays</p> 
<p>29</p> <p>10:00 - 11:00 Current Events 11:00-11:15 Goal Setting 11:15-12:00 Menu Planning 12:00-1:00 Nutrition 1:00-1:45 Religions 2:00-3:00 Relationships</p>	<p>30</p> <p>10:00-10:45 Computer Class 11:00-11:45 Dealing with Depression 12:00-1:00 Cooking Class 1:00-1:45 Anger Management 2:00-2:45 Creative Writing (Terri)</p>	<p>31</p> <p>10:00-10:45 Pathways 11:00-11:45 How You Feel 12:00-1:00 Nutrition 1:00-1:45 Exercise w/Gwen 2:00-3:00 Learning Video</p>	

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