HALLOWEEN MOVIES

It is that time of the year again when we go to the movies to get the heck scared out of us.

As teenagers, we’ve all had dates where the horror movies were the main part of the date. The movie may not have been worth watching, but your date’s reaction to the movie made it all worthwhile. He or she would get scared and grab your hand, and you loved it.

Here are five of my favorite movies. I wonder if any of these movies are on your favorite list.

 страшный. This landmark film is a must for our list. The first Godzilla movie was made in Japan in 1954. It holds the record for the longest movie franchise. The movie franchise is so long it has been broken down into different periods. The Godzilla periods are as follows: the Showa period (1954-1975), the Heisei period (1984-1995), the Millennium period (1999-2004), and the Toho reboot (2016-present). The Godzilla films have been made by American films companies TriStar (1998-2000) and Legendary Pictures (2014-present).

 страшный. This movie marked the beginning of the teenage slasher movies. The Halloween movies are a cross between the movie styles of Alfred Hitchcock and Stephen King.

( - Continued on Page 17 - )
How do I get started?

- **Step 1:** Attend Orientation
  - Tuesday: 10 am
  - Wednesday: 2 pm
  - Thursday: 10 am

- **Step 2:** Participate in a Supported Education Wellness Planning Workshop
  - Monday: 1 pm
  - Tuesday: 9 am
  - Wednesday: 1 pm
  - Thursday: 9 am

- **Step 3:** Meet with your Education Counselor to be fully admitted to 2Succeed

- **Step 4:** Start utilizing 2Succeed to work towards the goals you identified on your Supported Education Wellness Plan!

Eligibility for membership:

- Adult over 18 years of age
- Diagnosed with mental illness
- Must be in active clinical treatment in one of the following areas:
  - Mental Health Center of Denver clinical treatment
  - Accessing another clinic through Access Behavioral Care

For 2Succeed Orientation Plan to:

- Check in at the front desk and let them know you are here for orientation.
- Arrive on time. Individuals who arrive more than 5 minutes late will be asked to return at another date to attend the orientation.
- Do not arrive more than 30 minutes early as you will have to wait for orientation. If you arrive more than 30 minutes early you may be asked to return at a time closer to orientation.
**2Succeed in Education**

2Succeed in Education is a psychiatric rehabilitation and supported education program that supports individuals in their recovery and promotes wellbeing. Our program acts as a bridge to the greater community, offering opportunities for individuals to participate in educational, social, physical, and spiritual pursuits. We encourage growth to assist individuals in pursuing their goals and to perceive themselves as the people they are beyond their experience of illness.

**Link2Succeed**

Link2Succeed helps students who are interested in pursuing formal education out in the community. Our Education Counselors provide support through tutoring, helping with financial aid and offering services on campus. Our counselors can help members navigate the education process from beginning to end; identifying barriers, celebrating successes and supporting individuals in achieving their academic goals.

**Studio 2Succeed**

Studio 2Succeed provides interested members with materials and instruction, as well as a spacious and welcoming art studio, to create many different forms of visual art. Staff, interns, and volunteers assist artists in using art as a creative expression as part of a person's journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

**Culinary Arts Program**

Our Culinary Arts Training Program offers members an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally's Café, an operating restaurant at 2Succeed. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing out in the community. Members learn skills including food prep, food safety and sanitation, storage, ordering and inventory, knife skills, customer service, timeliness and following directions. Sally's Café serves approximately 150 meals per day and serves lunch and dinner five days a week.

**2Succeed Music**

All human beings are biologically hardwired to make music! Members have the ability to participate in a variety of music classes and groups to enhance their skills and practice for in house and community based performances. Sound Connection is our community performance group, open to all abilities, styles and experience levels for fellowship in their artistry. We offer several music education classes including music literacy, piano, guitar, and drum circles. We provide members with an environment that promotes their own musical expression.
Education and Wellness

Other services provided by 2Succeed in Education are focused on wellness and recovery for the whole person. We offer a wide array of classes and groups. Computer classes are taught in two computer labs in our facility for all ranges of computer skills. Members can build relationships by engaging in social activities through exploring nature and attending cultural events. Our in house fitness center, yoga classes and daily outings to the YMCA provide opportunities to enhance physical wellbeing. For members looking to go to college or take the High School Equivalency Exam we have tutoring, biology, writing, math and reading classes. Members can explore their spirituality through meditation, mind body and spirit, gratitude in recovery and Bible readings classes. Other classes that can be found at 2Succeed include budgeting, nutrition, fishing, gardening, customer service, leadership, diabetes education, and life skills. Classes at 2Succeed vary and change based on consumer needs. We provide a welcoming environment that encourages growth and community involvement.

Get Involved

2Succeed is available to all consumers at the Mental Health Center of Denver. To become a member of 2Succeed, consumers must attend an orientation to learn about the program and be assigned to an education counselor. After orientation members will need to attend a Learning and Wellness Planning Workshop to establish what they want to work on while at 2Succeed. Once a member completes their plan they can schedule an appointment to meet with their Education Counselor for full admission into the program. Members will be closed with 2Succeed if they have not participated in the program for 90 days and must go through the admission process again.

Drop-in Peer Support and Resources

Room 234 with Vanessa Valdez

Monday 9 to 10 a.m.
Tuesday 1 to 2 p.m.
Friday 10 to 11:30 a.m.
1. What are your hours? We are open Monday-Friday from 8am-6pm. On weekday holidays, we are open from 9am-3pm. We have occasional modified hours that are posted on the calendar in the monthly newsletter.

2. Do I need to have a Resource Center ID card? No, you can just check in with your name or MHCD ID number at the front desk.

3. What time are meals served? Lunch is served at 12pm and dinner is at 4:30pm.

4. How much do meals cost? $8.00 for an unlimited month pass or $1.50 per meal.

5. Where do I purchased a meal ticket? There are always staff in the dining room, with a lap top computer, during meal times for ticket purchases.

6. Do I have to take classes to eat lunch or dinner? Yes, we ask that all individuals are engaged in classes or groups when at 2Succeed.

7. Can I just come to 2Succeed to hang out and socialize? The MHCD Adult Resource Center is available to people who want to hang out and socialize. We ask that all participants are actively taking classes or groups when at 2Succeed.

8. Do I have to be in clinical treatment to come to 2Succeed? Yes, all individuals need to be actively engaged in treatment with their clinical treatment team.

9. Who do I go to for questions? Everyone is assigned an Education Specialist to consult with about any questions they have at 2Succeed.

10. Who is my Education Specialist and how do I get in contact with them? You will be assigned to an Education Specialist at orientation. You will be given a business card with their contact information. Call your Education Specialist in order to schedule your initial meeting.

11. What if I just want to find a job? You can work directly with an Employment Specialist and not be a member of 2Succeed. Just remember that means you can only come to 2Succeed for scheduled appointments with your Employment Specialist.

12. What if I don’t come to 2Succeed for a while? After 90 days of not being active you will be closed at 2Succeed. You are welcome to come back at any time by attending another orientation and getting reassigned to an Education Specialist.

13. Where can I get a monthly newsletter? Newsletters are available at the front desk and are emailed to all MHCD staff so you can also talk to your clinician.

14. I noticed you have showers and laundry machines, can I use those? We do have “emergency only” showers and laundry. You will need to talk your Education Specialist about those.

15. How do I join the culinary program? The culinary program offers weekly orientation on Wednesday’s from 11am-12pm in Sally’s Café.

16. How do I get access to use the computers? Computer orientations can be scheduled with Steve Carter by calling 303-504-1758.

17. Can I bring a visitor? We do allow a one-time visit for guests. This must be prearranged with your Education Specialist and the Program Manager in advance. You will need to provide the purpose of the visit and when the visit will occur for approval.

18. Where can I smoke? ALL MHCD sites are tobacco-free. We encourage individuals to go for a walk to smoke but be respectful of our neighbors and public spaces.
2Succeed Classes by Category

Computer Science (CPS)

♦ CPS 050 A  Computer Orientation (Beginner Level)
  Arrange for a computer account by attending this basic orientation for general procedures and expectations around the use of the computers and your account. This session is for beginners to the computer.

♦ CPS 050 B  Computer Orientation (Have Computer Skills)
  Same as above orientation except that this session is geared towards individuals with existing basic computer skills/experience.

♦ CPS 100  Keyboard Skills Training
  Learn Typing Master, a training software where students complete lessons and games to develop keyboarding skills. Also a good program for people who want to brush up their skills.

♦ CPS 103  Computer Basics
  Prerequisite: CPS 050 Computer Orientation.
  This course is for students with little to no experience with computers. Topics include; the differences between hardware and software, beginner internet skills, and how to use a personal email account.

♦ CPS 105  Online Job Search Workshop
  Prerequisite: Have a computer account and password. This lab time is reserved for individuals seeking employment. Assistance will be available to navigate job searches, online applications, building a resume, setting up an email account, etc.

♦ CPS 110  Microsoft Word 2016 Basics
  Prerequisite: CPS 050 Computer Orientation, CPS 103 Computer Basics and keyboard skills of 25+ words a minute.
  Enrollment Required - Class teaches how to create, save and print a basic document. Also learn how to create a business letter, flyer, and a greeting card.

♦ CPS 112  Microsoft PowerPoint 2016 Basics
  Prerequisite: CPS 110 Microsoft Word Basics.
  Enrollment Required - Class teaches how to create, save, print and run a basic presentation / slide show.

General Studies (GEN)

♦ GEN 100  Basic Spanish
  This class offers the basics of Spanish. Learn how to have a small conversation anywhere you go!! This class is closed once it has started.

♦ GEN 104  Reading Skills
  This class helps individuals to gain new or improved reading skills through self-paced lessons and activities..

♦ GEN 105  Pre-Algebra
  This class introduces the student to basic algebra concepts such as variables, integers, rational expressions, equations, and translating words into algebraic equations, etc.

♦ GEN 108  Life Skills
  Improve / learn new skills by acquiring better coping skills for life’s stressors. Topics discussed include relationships, communications, self esteem, awareness and understanding of others, emotional support, and building positive support systems.

♦ GEN 121  Intro to Algebra
  Prerequisite: GEN 105 Pre-Algebra
  This class expands on the concepts learned in the Pre-Algebra Class. Learn more complex concepts such as linear equations, slopes, polynomials, exponents, inequalities, etc.

♦ GEN 127  VIMR
  What’s your definition of hope? Do you know where your life is going? Are you wondering how to get through the stressors of life? If you answered yes to 1 or all of these questions, we have a group that can help you?
2Succeed Classes by Category

- **GEN 128  High School Equivalency Math**
  This class follows the High School Equivalency Exam syllabus strictly. Students learn Arithmetic, Algebra, Geometry, Statistics and Probability. These are the five areas that High School Equivalency Math covers for the exams. Also learn how to use the Casio Scientific calculator, which is used for the High School Equivalency Exam.

- **GEN 129  Eagle Eye 10 Photography**
  We try to go on photo shoots about once per month. We share our photos and experiences to help each other grow as photographers.

- **GEN 134  Leadership in Well-Being**
  This class teaches how to lead in your own wellbeing through identifying strengths and capabilities. Interact with others in learning and building tools through discussion/worksheets enhancing a sense of wellness and progress in one’s own and recovery-focused goals.

- **GEN 201  Intro to Statistics**
  In this class, students will learn how to collect, analyze, interpret, present, and organize data.

- **GEN 202  Trigonometry**
  In this class, students will study the relationships involving lengths and angles of a triangle.

**Music and Performance (MUS)**

- **MUS 104  Community Jam Session**
  An opportunity for anyone to enjoy the benefits of improvising music with others. Class is designed so that even the person that has never played or studied music can be successful and part of a music making ensemble. This is not a performance based group, but a great place for musicians of all levels to meet and share music and fun.

- **MUS 106  Acoustic Guitar Jam Circle**
  Bring a guitar or borrow one of ours and sit in with guitarists of all skill levels and styles. It is not necessary to be able to read music, chord charts, or tablature; but those that do are welcome. We’d love to have beginning to advanced players join us!

- **MUS 108  Music Literacy**
  Learn the foundations for basic music reading as well as intermediate concepts including key signatures and conducting. A basic exploration of music genres throughout time is also presented. 12 weeks. **Prerequisite for Beginning Piano and Beginning Guitar.**

- **MUS 109  Drumming Circle**
  This group requires no musical skill or experience. All are welcome to join us for music making with use of percussion instruments. We use drums to express ourselves, expel energy, connect and communicate with one another, and learn more about our emotional and musical selves.

- **MUS 110  Beginning Piano**
  **Prerequisite:** Music Literacy or basic ability to read music. **Enrollment required.** This class provides beginning piano instruction for up to five members per class. Learn the foundations of a healthy physical approach to piano playing, tips and methods for practicing and developing skill, and increase your musical agility.

- **MUS 111  Beginning Guitar**
  **Prerequisite:** Music Literacy or basic ability to read music, chord charts, or tablature. This class will offer basic fundamentals for a long life of healthy guitar playing. Instruction will include a healthy physical approach to the instrument, tips and methods for practicing and developing skill, and an increase in musical agility. This class is designed to quickly give students skills to enjoy and share music using the guitar.

**Supported Education (SE)**

- **SE 100  Math for the College Bound**
  This is a foundational math class. This class assumes that the student does not have higher than a 7th grade math skill. Students begin by learning whole numbers, additions, subtraction, etc.; and progress into fractions, ratios, proportions, factors, percentages, simple and compound interests, etc.
2Succeed Classes by Category

**Wellness (WLS)**

- **WLS 100  Studio Arts**
  We work with a variety of materials to explore self-expression. We create a calm, safe environment where we can share our Art Work and explore recovery.

- **WLS 104  Sassy Seat Chair Exercise**
  The objective of this class is for those with low mobility to experience a workout that aims to tone and stretch muscles without the painful effects from high impact motions.

- **WLS 109  Meditation**
  Meditation offers healing of one’s self through guided imagery. Individuals do this by finding one’s inner peace through meditations. One practices quieting the mind and body to relieve stress and bring well being through meditation.

- **WLS 110  Mind, Body, Spirit**
  Mind, Body and Spirit classes give individuals an opportunity to seek spiritual methods through discussions and questions with others. Studies include Eastern philosophy, astrology, aromatherapy and other topics that the class wants to discuss. The benefits of attending this class is to bring spiritual recovery to one’s self and a spiritual connection to one another.

- **WLS 112  Walking Class**
  This is an opportunity for individuals to walk with others at a comfortable pace. We cover different sidewalks paths in the Baker Neighborhood for a half hour walk covering about two miles.

- **WLS 113  Diabetes Workshop**
  Do you have Type II Diabetes? Are you carbohydrate conscious? Come awaken your mind and body as you learn to manage your diagnosis through diet, exercise, education, stress reduction and medication.

- **WLS 115  SMART Recovery**
  SMART stands for Self-Management and Recovery Training. It is an abstinence based program to help people with issues such as alcohol, drugs, and gambling. Self-empowering skills are taught and designed to 1.) Build and maintain motivation; 2.) Cope with urges, cravings, and triggers; 3.) Manage thoughts, feelings, and behaviors; 4.) Live a balanced life to prevent relapse.

- **WLS 116  YMCA Workout**
  Get Healthy! Join a group of members and staff on a trip to the YMCA. Four times a week we go to the downtown YMCA to use their wonderful facilities which include a gym, track and workout equipment. Come dressed in workout clothes or use a locker at the Y.

- **WLS 119  Open Art Studio**
  Bring a project to finish, or use our materials to create a piece of art. You will be on your own after a general tour of the room.

- **WLS 124  Get Fit Turbo Party**
  Fun group exercise party. Wear comfy clothes!

- **WLS 121  Gratitude and Well-Being**
  Gratitude and Well-Being class focuses on being positive, which brings us into Well-Being through sharing and journaling our thoughts.

- **WLS 126  Knit, Crochet and Needle Work**
  The objective of the needle, knit and crochet class is to offer the basic beginners skills to pursue a fun and productive hobby/craft in all three areas. If you would like to learn how to sew a button or repair a seam, even make a blanket, then you’ll enjoy this informative craft class.

- **WLS 128  Intender’s Circle**
  Intender practice empowering positive living. Our circle begins with an agreement to lift ourselves and each other. We weave a focus of Gratitude and Appreciation with a topic that supports positive living and a meditation that encourages alignment with highest expression. We conclude with toning, sharing the positive energy out into the world.
2Succeed Classes by Category

- **WLS 132  Baby Boomers and Beyond**
  Senior support group (50+) meets twice monthly offering activities and resources to individuals. We offer fun activities enhancing skills in memory, concentration, focus and healthy competition. Some of the activities provided include guest speakers in safety, wellbeing, health advice, AARP services, community events and discounts, self-defense, travel tips, money management, and fraud protection.

- **WLS 135  Nutrition 101**
  Learn basic nutrition from a Master Nutrition Therapist. Learn the biochemistry of the human body, the methylation pathways that drive human metabolism, the minerals, macro and micro nutrients that we all need to survive. This class will also teach you evidence-based strategies for losing or gaining weight, and how to feed an illness.

- **WLS 114  Yoga**
  Get in touch with your deeper capacity for living in a fast-pace world and finding respite and balance in your life. This course is designed for members who want to learn Hatha and Hindu Yoga. Some movements focus on reducing depression, anxiety and of course attending helps members join each other in an introspective way of being.

2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>GEN 141</strong></td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Drop-in Peer Support and Resources</td>
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<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>9:30 a.m. - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>High School Equivalency-Writing</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 109</strong></td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
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<tr>
<td><strong>WLS 114</strong></td>
<td>First Floor Studio</td>
<td>10 a.m. - 11 a.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Yoga</td>
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<tr>
<td><strong>WLS 117</strong></td>
<td>First Floor Studio</td>
<td>11 - 11:45 a.m.</td>
<td>Teresa</td>
</tr>
<tr>
<td>Zumba</td>
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<tr>
<td><strong>GEN 100</strong></td>
<td>Sally’s Café Dining Room</td>
<td>1—2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Spanish</td>
<td></td>
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<tr>
<td><strong>WLS 123</strong></td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td>Christian Fellowship Club</td>
<td></td>
<td>1st and 3rd Monday</td>
<td></td>
</tr>
<tr>
<td><strong>WLS 113</strong></td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td>Nutrition 101</td>
<td></td>
<td>2nd and 4th Monday</td>
<td></td>
</tr>
<tr>
<td><strong>WLS 133</strong></td>
<td>First Floor Studio</td>
<td>1 - 3 p.m.</td>
<td>Marolyn / Participants</td>
</tr>
<tr>
<td>Knit, Crochet and Needlework</td>
<td></td>
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</tr>
<tr>
<td><strong>MUS 115</strong></td>
<td>Room 234</td>
<td>1:30 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td></td>
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<td></td>
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<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td>GEN 104 Reading</td>
<td>Computer Lab Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>WLS 100 Studio Art</td>
<td>Art Room 118</td>
<td>1 - 3:30 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>MUS 115 Private Piano Lessons</td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GEN 129 Eagle Eye 10 Photography</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Participants</td>
</tr>
<tr>
<td>CPS 103 Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>WLS 116 YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td>MUS 115 Private Piano Lessons</td>
<td>Room 234</td>
<td>2:30 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>WLS 124 Get Fit Turbo Party</td>
<td>Room 234</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>MUS 110 Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>MUS 102 Music Tutoring</td>
<td>Room 234</td>
<td>4 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Tuesday</td>
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<tr>
<td>MUS 108 Beginning Music Literacy</td>
<td>Wellness Room 244</td>
<td>8:30 - 9:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GEN 135 High School Equivalency</td>
<td>Room 231</td>
<td>9:30 - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>WLS 119 Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>GEN 127 VIMR</td>
<td>Room 126</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>CPS 110 Microsoft Word 2016 Basics</td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td>GEN 104 Reading</td>
<td>First Floor Studio</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>WLS 50 Fitness Room Orientation</td>
<td>Fitness Room 243</td>
<td>11 - 12 noon</td>
<td>Rosey Glover</td>
</tr>
</tbody>
</table>
## 2Succeed Daily Class Schedules

### Tuesday (continued)

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<thead>
<tr>
<th>Class</th>
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<tr>
<td>GEN 141 Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>GEN 127 VIMR</td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>GEN 133 Visualizing Success</td>
<td>First Floor Studio</td>
<td>1:30–2:30 p.m.</td>
<td>Casey Ehresman / Lisa Nelson</td>
</tr>
<tr>
<td>CPS 100 Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Need to be enrolled</td>
</tr>
<tr>
<td>WLS 115 SMART Recovery</td>
<td>First Floor Conference Room 126</td>
<td>1:30–2:30 p.m.</td>
<td>Casey Ehresman / Brady</td>
</tr>
<tr>
<td>GEN 200 Conversational Spanish</td>
<td>First Floor Studio</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>WLS 110 Mind, Body and Spirit</td>
<td>Sally’s Café Dining Room</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>WLS 116 YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>CPS 112 Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>GEN 201 Intro to Statistics</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>GEN 123 English as a Second Language</td>
<td>Room 231</td>
<td>2:30 - 3:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>WLS 124 Get Fit Turbo Party</td>
<td>Room 234</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>WLS 132 Baby Boomers and Beyond</td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>MUS 116 Community Jam Session</td>
<td>Sally’s Café Dining Room</td>
<td>3:30 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLS 119 Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS 122 Wellness Workshop</td>
<td>First Floor Studio</td>
<td>9:30 - 11 a.m.</td>
<td>Meredith Mills / Vanessa Valdez</td>
</tr>
<tr>
<td>WLS 104 Sassy Seat</td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>GEN 127 VIMR</td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
</tbody>
</table>
## 2Succeed Daily Class Schedules

### Wednesday (continued)

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SE 102</strong></td>
<td>Math for the College Bound</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>CUL 103</strong></td>
<td><strong>Culinary Orientation</strong></td>
<td>11 a.m. - 12 noon</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td><strong>WLS 112</strong></td>
<td>Walking</td>
<td>1 - 1:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN 127</strong></td>
<td>VIMR</td>
<td>1–2 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>CUL 104</strong></td>
<td>Culinary Meeting</td>
<td>1:30 to 2 p.m. Need to be enrolled</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td><strong>WLS 100</strong></td>
<td>Studio Art</td>
<td>1 - 3:30 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>CPS 100</strong></td>
<td>Keyboard Skills</td>
<td>1 - 2 p.m. Need to be enrolled</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>GEN 108</strong></td>
<td>Life Skills</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS 115</strong></td>
<td>Private Piano Lessons</td>
<td>2 - 2:30 p.m. Need to be enrolled</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 100</strong></td>
<td>Basic Spanish</td>
<td>2–3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>WLS 109</strong></td>
<td>Meditation</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>CPS 050 A</strong></td>
<td>Computer Orientation</td>
<td>2 - 4 p.m. By appointment, only</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>WLS 116</strong></td>
<td>YMCA Work Out</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td><strong>GEN 105</strong></td>
<td>Pre-Algebra</td>
<td>2 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 119</strong></td>
<td>Open Art Studio</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS 124</strong></td>
<td>Therapeutic Dance/Movement</td>
<td>10 a.m. - 11 a.m.</td>
<td>Hillary Sinn</td>
</tr>
<tr>
<td><strong>GEN 104</strong></td>
<td>Reading</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
</tbody>
</table>
## 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Thursday (continued)</strong></td>
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</tr>
<tr>
<td><strong>CPS 103</strong></td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Computer Skills</td>
<td></td>
<td>Need to be enrolled</td>
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</tr>
<tr>
<td><strong>WLS 114</strong></td>
<td>First Floor Studio</td>
<td>11 a.m.- 12 noon</td>
<td>Carrie Solano</td>
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<tr>
<td>Yoga</td>
<td></td>
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<tr>
<td><strong>Dual Recovery Anonymous</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>CPS 100</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td>Need to be enrolled</td>
<td></td>
</tr>
<tr>
<td><strong>MUS 108</strong></td>
<td>Room 247</td>
<td>2:45 - 3:45 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 128</strong></td>
<td>Wellness Room 244</td>
<td>2:30 - 3:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Intender’s Circle</td>
<td></td>
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<tr>
<td><strong>GEN 128</strong></td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>High School Equivalency</td>
<td></td>
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<tr>
<td>Math</td>
<td></td>
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<tr>
<td><strong>CPS 105</strong></td>
<td>Computer Room 210</td>
<td>2:30 - 4:30 p.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td>Online Job Search Workshop</td>
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<tr>
<td><strong>CPS 90</strong></td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Participants</td>
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<tr>
<td>Computer Club</td>
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<tr>
<td><strong>MUS 105</strong></td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Ukulele Lessons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 108</strong></td>
<td>Room 247</td>
<td>5 - 5:50 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 134</strong></td>
<td>Sally’s Café Dining Room</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Leadership in Well-Being</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS 200</strong></td>
<td>Room 234</td>
<td>9:30 - 10 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Ear Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 124</strong></td>
<td>Room 231</td>
<td>9:30 a.m. - 10:45 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Colorado History</td>
<td></td>
<td>Beginning October 6th</td>
<td></td>
</tr>
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</table>

**Note:** Classes that are shaded are either new classes or the class day/time/location has been changed.
<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday</strong> (continued)</td>
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<td></td>
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</tr>
<tr>
<td><strong>GEN 141</strong> Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>10 - 11:30 a.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>WLS 104</strong> Sassy Seat</td>
<td>Sally’s Café Dining Room</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>SE 102</strong> Math for the College Bound</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>MUS 208</strong> Advanced Music Literacy</td>
<td>Orientation Room 247</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>CPS 110</strong> Microsoft Word 2016 Basics</td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>WLS 109</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>WLS 119</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>11 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>CPS 050 B</strong> Computer Orientation (Have some Skills)</td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>GEN 121</strong> Intro to Algebra</td>
<td>Room 115</td>
<td>1 - 2 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>MUS 111</strong> Beginning Guitar Circle</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 143</strong> Military History</td>
<td>Room 231</td>
<td>1:30 - 2:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS 121</strong> Gratitude in Recovery</td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>First Floor Studio</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>MUS 110</strong> Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>CPS 112</strong> Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>MUS 109</strong> Drum Circle</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
2017 Photo Day Events

Come join us for a personal and professional photo of yourself. You may bring a favorite outfit and get as dressed up as you like. If you need support with clothes, please stop by the Resource Center on their clothing day.

We will have other hygiene services available on request at the time of the event. Services that will be available are haircuts, hair-styling, and mini makeovers with makeup.

For those who struggle with homelessness we will have these additional services available — shaving equipment, ironing, and hair washing. First come first serve basis and must be a member at place of event.

2 Events

Event 1 — 2Succeed
Monday, October 23, 2017
Starts at 9 a.m.
and is on a first come first serve basis.

Event 2 — Resource Center
Thursday, November 16, 2017
Starts at 9 a.m.
and is on a first come first serve basis.

Questions?
Meredith.mills@mhcd.org or 303-504-1713
Vanessa.valdez@mhcd.org or 303-5041759
Mental Health First Aid

8-hour Course

**Fall 2017 Schedule**
2Succeed in Education
November 15 & 16
9 a.m.—1 p.m.
Conference Room 126

_Mental Health First Aid_ teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care.

Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

**Registration**
To register, please email the information below to Kathy.Ehret@mhcd.org. If you do not have access to email, call 303.504.1746 or mail this completed form to:

Mental Health Center of Denver
Attn: Kathy Ehret
456 Bannock
Denver, CO   80204

_Questions?
Call Kathy Ehret at 303.504.1746_
Get Fit Turbo Party!

Mondays and Tuesdays 3—4 p.m.

The Studio (Former Library)

Bring comfy clothes and shoes and get ready to get fit! This is a group workout class that is offered at a lot of gyms in the community. Start at your own pace and work up to some serious strength.

I Can’t wait to see you there

Vanessa Valdez: Peer Specialist/Wellness Coach.

303-504-1759

HALLOWEEN MOVIES (CONTINUED FROM PAGE 1)

🌟 The Craft. This movie deals with a teenager’s telekinetic gifts and a group of witches who want her in their group.

🌟 Carrie. This is an adaptation from a Stephen King novel. And is one of his best.

🌟 The Exorcist. This is one of the most profitable horror movies ever made. It is also the ninth-highest grossing film of all time in Canada. This movie offers levitation, devil possession and talking in tongues. The movie’s sound track that includes, Tubular Bells, is enough to raise the hair on your neck.

Here are a few other films worth mentioning: The Addams Family, The Munsters, Young Frankenstein, and The Rocky Mountain Horror Picture Show.

Written by David Neason
“Meditation for Intuitives”
Presented by Carol Polland

Carol Polland is a Naturally gifted and professionally trained clairvoyant. She has been doing readings for over thirty years and has clients across the United States and internationally.

Carol specializes in past lives, animal communication, dreams, business career, personal intuitive counseling and more.

Join Carol for a special Halloween mediation, “Meditation for Intuitives” and learn more about specific meditation tools for grounding, communications for your angels, guides and more.

Mind, Body and Spirit

This month’s topics are:

**Week 1** - *(Tuesday, October 3)*  “Food for Talk” Cards.
   (2 to 3 p.m. in Sally’s Café)

**Week 2** - *(Tuesday, October 10)*  “Food for Talk” Cards.
   (2 to 3 p.m. in Sally’s Café)

**Week 3** - *(Tuesday, October 17)*  “Food for Talk” Cards.
   (2 to 3 p.m. in Sally’s Café)

**Week 4** - *(Tuesday, October 24)*  Speaker, Carol Polland, presents “Meditation for Intuitives.” (2 to 3 p.m. in Sally’s Café)

**Week 5** - *(Tuesday, October 31)*  Canceled due to Halloween Party.
New Version - Microsoft PowerPoint 2016 Basics

**New Start Date:**

**Tuesday, October 24, 2017**

**Class days / times:** will be Tuesdays and Fridays 2 p.m. to 4 p.m. (15 minute break during class)

Class runs for about 10-12 weeks.

**Prerequisite and Enrollment Required** - Completion of Microsoft Word to have the basic skills needed for this class.

**Learning Objectives** - This class teaches how to create, save, edit, print and run a basic presentation /slide show.

*If you are interested in a lecture-driven class taught at a comfortable pace and are committed to regular attendance—contact David McDonald at 303-504-1771 or in Room 114A.*

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**YMCA Workout**

Monday 2 pm  
Tuesday 2 pm  
Wednesday 2 pm (University Hills)  
Thursday 3 pm  
Friday 2 pm  

Workout, Relax in the Sauna or Steam Room, Play Basketball, Have Fun Exercising!

Sign Up In The Activity Book

---

**Life Skills**

Wednesdays 1:30 - 3 p.m.  
Conference Room 126

**October**  
Self Esteem—How to Build a Strong Foundation and Maintain Strength

**November**  
↑ Gratitude in Your Daily Life, Giving and Receiving in Your Daily Life

**December**  
Surviving → Thriving – Holidays, Family, and Friends
2Succeed Community

Jam Session

Hosted by 2Succeed Community
Sally’s Café
Tuesdays, 3:30 - 4:30 p.m.

No experience, knowledge, or skill required but any and all are welcome.

Great for brain health and longevity and a ton of fun!
Zumba Class

Instructor       Teresa
Class Date       Mondays 11-11:45 a.m.
Location         First Floor Library Area

Zumba Class is moving to Monday morning, please come and enjoy the fun.

A great way to start your day and week!!
SALLY’S CAFÉ CULINARY TRAINING PROGRAM

Enrolled students in 2Succeed’s Culinary Program receive hands-on, team-oriented, industry-standard commercial kitchen training that includes the following:

- Introductory cleaning and sanitation skills
- Salad preparatory skills
- Basic cooking and baking techniques
- Knife skills
- ServSafe Certification classes and exam
- This is a paid training program

And all of this is provided in a supportive environment designed to build self-esteem, professionalism and a strong work ethic.

For further information, please attend a Culinary Program Orientation held every Wednesday morning at 11 a.m. in Computer Lab Room 114. Or contact the program administrators; Michele Rosebrook at (303)-504-1765 or Stephanie Snelgrove, at (303) 504 1772.

THE NATIONAL RESTAURANT ASSOCIATION’S SERVSAFE FOOD PROTECTION MANAGER CERTIFICATION CLASSES

Join millions of foodservice professionals in taking the first step in a commitment to food safety. Classes are open to all that have completed 2Succeed orientation process.

- Class is held every Tuesday at 1:30 - 2:20 p.m. in Room 231

For further details please contact Raymond Sedillo at 303-504-1759.
Interested in working? Then we want to help you.

2Succeed in Employment can assist you in finding employment. We will help you look for jobs that interest you by providing the following services:

- Identifying job goal matching interest, skill level and core values
- Building a resume and cover letters
- How to conduct a job search and approaching employers
- Professionalism—attitude, dress and job expectations
- A personal Employment Specialist assisting you to find employment and job retention services

If you would like to set an appointment for services please contact Gregory Gonzales at 303-504-1714.

2Succeed in Employment at the Recovery Center

We are located in Room 416 at the Recovery Center. A sign is hung up at the front door when we are there and the Admins on the 4th Floor can help folks find us. This is an excellent opportunity for folks to find out about our Supported Employment program without coming to 2Succeed on Bannock. There is staff present on Tuesdays and Thursdays, from 8:30-11:30 a.m. and from 1-3 p.m.
HOSPITALITY & CUSTOMER SERVICE FOCUSED!?

Get help getting a job specifically in the hospitality & customer service industry!

Denver Road to Work Program presents the
Hospitality & Customer Service Training Course

◆ 2-day specialized training focused on hospitality & customer service
◆ Training on preparing to look for employment
◆ Knowledge about what it takes to be successful in the hospitality field
◆ Information about positions within the hospitality industry
◆ Interview preparation including experience doing “speed interviewing” for practice with hotel managers
◆ Inside connections to local employers who partner with DRW
◆ Inside tips from HR managers and GMs of local hotels
◆ A chance to ask industry specific questions to industry leaders

If you are interested tell your employment specialist! Your employment specialist has more detailed information about the training and can sign you up if you want to participate!

Sean Thomas,
Vocational Project Coordinator
### Plans for October 2017

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
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<td>30</td>
<td>31</td>
<td>Notes</td>
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FREE DAYS AROUND DENVER - 2017 SCHEDULE

Denver Art Museum
General Admission is Free on the First Saturday of each Month (720-865-5000)
100 West 14th Avenue Parkway, Denver
10 a.m. to 5 p.m.
www.denverartmuseum.org
☆ Saturday, October 7
☆ Saturday, November 4
☆ Saturday, December 2

Denver Botanic Gardens
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Friday, Nov. 10 (Winter Gift Market)
☆ Saturday, Nov. 11 (Winter Gift Market)

Denver Botanic Gardens at Chatfield
(303-973-3705)
8500 Deer Creek Canyon Road, Littleton
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Tuesday, November 2

Denver Museum of Nature & Science
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Monday, October 16
☆ Monday, November 13
☆ Sunday, December 10

Denver Zoo
(303-376-4800)
2300 Steele Street, Denver
November to March (9 a.m. to 5 p.m.)
April to October (10 a.m. to 4 p.m.)
www.denverzoo.org
☆ Friday, November 3
☆ Monday, November 6
☆ Thursday, November 16

Always call ahead to verify event information!

Tortilla Making Workshops
With Candice Vigil
Sally’s Café Kitchen

Flour Tortillas
Thurs, October 12
1 p.m. to 3 p.m.

Corn Tortillas
Thurs. October 26
1 p.m. to 3 p.m.
### 2Succeed Social Activities - October 2017

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Coffee Club @ Pablo’s 4:30 - 6 p.m. (RS/BA)</td>
<td>Ice Cream Social @ Yogurt Land 4:30–6 p.m. (MBM/RG)</td>
<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH/BA/MM)</td>
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<tr>
<td>9</td>
<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Cider &amp; Chai Night In-house 5 - 6 p.m. (RS/BA)</td>
<td>In-House Ice Cream and Game Night 5 - 6 p.m. (BA/MM)</td>
<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH/BA/MM)</td>
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<tr>
<td>16</td>
<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Coffee Club @ Starbucks 4:30 - 6 p.m. (RS/CS)</td>
<td>Ice Cream Social @ Sweet Action 4:30–6 p.m. (CE/BA)</td>
<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH/BA/MM)</td>
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<tr>
<td>23</td>
<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>Cider &amp; Chai Night In-house 5 - 6 p.m. (RS/MMB)</td>
<td>In-House Ice Cream and Game Night 5 - 6 p.m. (BA/MM)</td>
<td>Community Forum Sally’s Café @ 11 a.m. (KRE) Movie Time! 1 to 4 p.m. (MM) Glow at the Gardens 5:30 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH/BA/MM)</td>
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<tr>
<td>30</td>
<td>Open Mike / Karaoke 4:45—5:45 p.m. (RG/RS)</td>
<td>2Succeed Halloween Party 2—4:30 p.m.</td>
<td>Ice Cream Social @ Yogurt Land 4:30–6 p.m. (CE/BA)</td>
<td>Community Forum Sally’s Café @ 11 a.m. Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Student Support Group 4:30 - 5:45 p.m. (KEH/BA/MM)</td>
</tr>
</tbody>
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☆ Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
Open Hours

Monday through Friday
Open for Breakfast from 8 a.m. until 10:30 a.m.
Open for Lunch from 11:30 a.m. until 1 p.m.
Lunch is served from 12 noon until 12:30 p.m.
Open for Dinner from 4:00 to 5:30 p.m.
Dinner is served from 4:30 until 5 p.m.

Meal Prices
$1.50 Per Meal
$8 Monthly Unlimited Meals

Munch Bunch
Weekly Sales for October

Week 1  Buy 1 Trail Mix
        get 2nd for 50 cents!

Week 2  Buy 1 Keebler’s Cheese and Crackers
        get 2nd for 50 Cents!

Week 3  Buy 1 Slim Jim Snax Stick
        get 2nd for 25 Cents!

Week 4  Buy 1 M&M’s Peanuts
        get 2nd for 50 cents!