WE DO UNDERSTAND!

The December 2015 Psychiatric Rehabilitation Journal’s editorial is entitled, *Are We Underestimating the Value of Exercise for Wellness?*

What a timely question for those of us at 2Succeed in Education and Employment.

It has to be acknowledged that there is a growing body of research that has documented the high rate of comorbidities in individuals who have a serious mental illness. Comorbidity is defined as the presence of one or more additional disorders that coexist with a primary disease or disorder that may include behavioral or mental disorder. Translation: People with serious mental illnesses are often very sick with multiple illnesses.

For those of you who are current or past students of mine, you might recognize this collection of morbid conditions as the Metabolic Syndrome or Syndrome X. And you know that a core component of the Metabolic Syndrome is heart disease. According to the PRA, heart disease is the number one cause of death for those with a serious mental illness. Other components of the Metabolic Syndrome include insulin resistance (the common denominator), hypertension, obesity, depression, and hyperlipidemia.

And research tells us that those with a serious mental illness who develop components to the Metabolic Syndrome can attribute their condition to a combination of factors that include a sedentary lifestyle, poor nutrition, poor lifestyle choices, and the metabolic side effects of anti-psychotic medications.

( - Continued on Page 5 - )
Welcome to 2Succeed

2Succeed in Education is a psychiatric rehabilitation and supported education program that supports individuals in their recovery and promotes wellbeing. Every member of 2Succeed is expected to participate in the program to work on achieving their own desired goals.

How do I get started?

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

☐ **Step 2:** Participate in a Learning and 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 Learning and 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 reception desk and let them know you are here for Orientation.
- **Arrive only about 15 minutes early.** Try to not come too early as you will need to wait for orientation.
- **Be prompt** as those who arrive 10 minutes late or more will not be admitted and need to reschedule.
- Complete necessary paperwork for orientation.

2Succeed Connection Editor/Publisher: David McDonald (303-504-1771) david.mcdonald@mhcd.org

456 Bannock St.  
Denver, CO 80204  
303-504-1700
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 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.

Sound Connection

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 GED 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.

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**How to Invite Your Friends to Like Us on Facebook**

**Step 1:**
Visit Mental Health Center of Denver’s Facebook Page at: facebook.com/RecoveringDenver

**Step 2:**
Like the page

**Step 3:**
Click on ‘Invite friends to like this Page’

**Step 4:**
Invite your friends by clicking ‘Invite’ next to their name

For questions, concerns or ideas regarding social media, contact: adam.becker@mhcd.org
We do understand! ( - continued from page 1 - )

So what can we do at 2Succeed to improve our health and well-being? The answer is easy. Get involved with the wellness classes and activities offered at 2Succeed. We have plenty of resources at 2Succeed to help you stay holistically healthy. We have meditation classes for stress relief. We have yoga classes to keep you aligned, breathing deep and limber. We offer physical and nutrition education every day of the week. And we have an in-house culinary program that creates healthy, slow-cooked meals daily.

And don’t forget the following self-management activities that will help you start the New Year right.

During the months of January, February and concluding in March, our community will be involved in the annual Biggest Loser Competition. This is a competition that encourages physical exercise as well as sound nutrition principles. The American Diabetes Association’s research shows that by simply losing seven percent of your body weight is a tremendous help to your metabolic health.

And on the fifteenth of February, the Stanford University, evidence-based Diabetes Maintenance Workshop will be returning to 2Succeed for a six week run. This class will help you maintain your blood sugar balance and improve insulin sensitivity.

At 2Succeed, we do understand the value of exercise for wellness!

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2Succeed’s Biggest Loser Contest

January 18, to March 11, 2016

Winners announced March 18 during lunch hour at Sally’s Café.

Consumers will go towards prizes: 1st ($25 gift card), 2nd ($15 gift card) and 3rd ($10 gift card).

Come and start a new, healthy lifestyle!
Live Well Diabetes Workshop

Returns on February 15th

Runs for six consecutive Mondays concluding on March 21st.

Held in Conference Room 126 from 1 to 2:30 p.m.

Nutrition 101

Fridays at 2 - 3 p.m.
Room 231

Want to learn more about daily nutrition, weight control and how what we eat affects us? Then come and join us for a supportive weekly class with Ray Sedillo.

Yoga

Monday 11 a.m. to 12 noon
Thursday 10:30 to 11:30 a.m.
First Floor Library
Wear comfortable clothing
Weight Room Process

When you come for orientation of the Weight Room/Cardio Room be sure to wear warm-ups, loose fitting pants and top or shorts appropriate for movement. Also, be sure to wear your sneakers.

Be sure to take good care as far as our workout equipment goes and be mindful to use spotters when using the weight bench and weights. This is very important to prevent accidents from happening.

*Always set the weights down gently.* Dropping them will damage our flooring and wear out the equipment from the improper use. If you notice equipment damaged please come and let Rosey Glover know so we can address the issue. *Also, be mindful of the environment, support others on proper use and safety procedures so that we can all work on our health safely.*

Sassy Seat Chair Workout

Wednesdays 10 - 11 a.m.
Fridays 10 - 11 a.m.
Sally's Café Dining Room

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.

Contact: Meredith Mills (303)305-1711 meredith.mills@MHCD.org

YMCA Workout

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

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

Sign Up In The Activity Book
## Math Support Classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10am - 11am</td>
<td>Pre Algebra</td>
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<tr>
<td></td>
<td>11am - 12pm</td>
<td>Intro to Algebra</td>
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<tr>
<td>Wednesday</td>
<td>11am - 12pm</td>
<td>Math College Bound</td>
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<tr>
<td>Thursday</td>
<td>2:30pm - 4pm</td>
<td>GED Math</td>
</tr>
<tr>
<td>Friday</td>
<td>10am - 11am</td>
<td>Intro to Algebra</td>
</tr>
<tr>
<td></td>
<td>11am - 12pm</td>
<td>Pre Algebra</td>
</tr>
<tr>
<td></td>
<td>2pm - 4pm</td>
<td>Intro to Statistics</td>
</tr>
</tbody>
</table>

Room 115

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## LEARN HOW TO

### $$BUDGET$$

**Money Matters Classes**

Sharpen up *Your* budgeting skills

With

MARY SHARP
Sally’s Café
MONDAY’S
3:30-4:30

---

## Wellness Friday

**At 2Succeed**

Come enjoy a mini pedicure or a mini manicure and learn the benefits of self-care.

The objective of this class gives the opportunity/awareness in how self-wellness contributes to our overall well-being / mental health.

*When*: Fridays from 1 to 4 pm

*Location*: First Floor Library

*Contact*: Meredith Mills

305-504-1713

meredith.mills@mhcd.org

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## Movie Time

*2Succeed will have a movie on every first and third Thursday of the month. Movie Time is for consumers to enjoy and learn about a variety of topics. We will have some time for questions and discussion after each movie.*

**Dates**: Movie dates for February 2016 are:

- February 4th and 18th.

**Location**: Sally’s Café

**Time**: Movies start at 1:00 p.m. and can go as long as 4:30 p.m. depending on the length of movie that week.

*Contact*: Meredith Mills 305-504-1713 or meredith.mills@mhcd.org
**FEBRUARY 2016**

**Life Skills**

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

*February 2016*
Healthy Relationships / Boundaries

*March 2016*
Managing Money without Stress

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**Baby Boomers and Beyond**

February 9th & February 23rd
March 8th & March 22nd
April 12th & April 26th

Meets the 2nd and 4th Tuesday of each month from 3:30 to 4:30 p.m. in Conference Room 126

Additional outings and field trips to be announced.

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**Dual Recovery Anonymous**

Meets on Tuesday and Friday
11 a.m. to 12 noon
Conference Room 126
456 Bannock Street

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There are 78.2 million Baby Boomers in the U.S.
Steps for Computer Training at 2Succeed

☐ (Step 1) Complete Computer Orientation.
   ✷ Contact Steve Carter to arrange an appointment to attend our Computer Orientation for computer access at 2Succeed.

☐ (Step 2) If you are interested in the computer software classes we offer, let Steve Carter know at Computer Orientation.
   ✷ Steve will recommend attending our Basic Computer Skills Class and/or Keyboard Skills Training Class to gain necessary skills for further computer training as needed.
      ⇒ Basic Computer Skills Class—see Page 11 for details.
      ⇒ Keyboard Skills Training is a computer guided class that uses Typing Master which includes basic lessons, games and timings that show your progress as you become more familiar with the keyboard and build your speed and skills. See Page 11 for details.

☐ (Step 3) Microsoft Word 2010 Basics—Is the first class that individuals need to attend to continue on to additional software training which includes Microsoft PowerPoint 2010 Basics and Microsoft Excel 2010 Basics.
   ✷ Microsoft Word 2010 Basics class requires students to keyboard 25+ NWPM (net words per minute—total after errors).

Eagle Eye Photography Club

Meeting every Monday from 2:00 - 3:00pm

In Orientation Room 247
Upcoming Microsoft Software Classes

Announcing Enrollment for the Next Computer Software Classes

If you are interested in a lecture-driven class taught at a comfortable pace, complete the computer orientation / assessment process on previous Page 10 and then you will be referred to make an appointment with David McDonald at 303-504-1771 in Computer Training Lab 114.

PowerPoint 2010 Basics
Planned Start Date:
Tuesday, March 8, 2016
Class times: will be Tuesdays and Fridays from 2 p.m. to 4 p.m. (about 12-14 weeks)

Excel 2010 Basics
Approximate Start Date:
Tuesday, May 3, 2016
Class times: will be Tuesdays and Thursdays from 10 a.m. to 12 noon (about 12-14 weeks)

Learn Keyboard Skills

Tuesday
1 - 2 p.m.

Wednesday
1 - 2 p.m.

Thursday
1 - 2 p.m.

Computer Training Room 210

Need to be enrolled.
See Steve Carter for more details.
Intenders Circle

"Each and every component that makes up your life experience is drawn to you by the powerful Law of Attraction’s response to the thoughts you think and the story you tell about your life. Your money and financial assets; your body’s state of wellness, clarity, flexibility, size, and shape; your work environment, how you are treated, work satisfaction, and rewards—indeed, the very happiness of your life experience in general—is all happening because of the story that you tell." ~ Abraham

Intenders Circle is a group that meets every Thursday afternoon from 2:30-4:00. We practice as a group building positive perspectives. Your perspectives and perception create your story. Are you ready to have a supportive story; creating awareness of possibilities that were there all along? Join us!

“Living consciously involves being genuine; it involves listening and responding to others honestly and openly; it involves being in the moment.” ~ Sidney Poitier

Nancy J. Markow

Mind, Body and Spirit

This month’s topics are:

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

Week 2 - (Tuesday, February 9) Spiritual Cinema—"Imagine" (movie).
(1:30 to 4 p.m. in Sally’s Café)

Week 3 - (Tuesday, February 16) Speaker, Nancy Markow, talks about Intender Circle and “10 Tools for Positive Living.”
(1:30 to 3 p.m. in Sally’s Café)

Week 4 - (Tuesday, February 23) “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)
Mindful Yoga

Yoga offers "a system of exercises for mental and physical health." Yoga offers an opportunity to increase physical flexibility, balance and strength. It is more than that too; it is also an opportunity to practice the art of being mindful. Practicing in an empowered and mindful way creates neuro-pathways in the brain that support your overall health and well-being.

All levels welcome at our classes. Mats, blocks and straps are provided. Show up a few minutes before class in comfortable clothing; with an open mind and heart. There is no competition in yoga, you get to direct your practice to the level that is safe and right for you.

Mindful yoga includes the three basic questions shown to the left.

Classes are on Mondays 11 a.m. - 12 noon and Thursdays 10:30-11:30 a.m. In the Library-Yoga Room with Nancy Markow and Carrie Solano.

New combination class that includes Knit, Crochet and Needle Work

Knit & Crochet
Day: Mondays
Time: 1-3pm
Location: Conference Room

Needle Work
2Succeed Community Pop Choir
Thursdays
11:15 a.m.
Sally’s Café

This winter and spring we will be working on Motown Hits All Are Welcome!

Sound Connection

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 3</td>
<td>Performance at MHCD Housing</td>
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<tr>
<td>February 10</td>
<td>No Class</td>
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<tr>
<td>February 17</td>
<td>Gypsy House Café Open Mike</td>
</tr>
<tr>
<td></td>
<td>Followed by Colorado Ballet Dress Rehearsal at Ellie Caulkins Opera House</td>
</tr>
<tr>
<td>February 24</td>
<td>Rehearsal at 2Succeed</td>
</tr>
<tr>
<td>March 2</td>
<td>Tour of UCD Music Dept. / Facilities</td>
</tr>
<tr>
<td>March 9</td>
<td>Rehearsal at 2Succeed</td>
</tr>
<tr>
<td>March 16</td>
<td>Gypsy House Café Open Mike</td>
</tr>
</tbody>
</table>
Music questions? Need practice tips? Help finding music to play or listen to? Looking for rehearsal support? All questions music—Casey can help!

**Succeed**

Music Tutoring
303-504-1725

Monday Evenings
5:00-5:45 p.m.
Room 247
(orientation room)

Music Trivia

Thursdays at 5:00pm
Art Workshop: Bead Making

Wednesdays, 2-4 p.m. in Room 118

Working with polymer clay, we will create our own beads in a variety colors, shapes and sizes that can later be used in jewelry, mobiles, key chains, mosaics, etc. We will explore a wide variety of clay effects by experimenting with the clay through marbling, caning, twisting and painting to create our own, unique beads.
Art Class: Drawing & Shading Basics

Fridays from 2-4 p.m. in Room 118

Learn the fundamentals of drawing!

All skill-levels are welcome, from the person who has never drawn before to those who already have some drawing experience. In this relaxing, no-pressure environment we will learn about the variety of drawing papers, pencils, and erasers to use, examine different drawing styles, and then explore various sketching and shading techniques using a variety of media.

We will be drawing from life, playing with a variety of still-life arrangements and lighting effects to capture three-dimensional objects on a two-dimensional surface.
We are excited to introduce a new tool, called myHealthPointe (MHCD.org/myHealthPointe). After gaining some experience working with consumers to use myHealthPointe at the RC, we are growing its exposure at other locations. Here is some information you may like to have about myHealthPointe.

Briefly, myHealthPointe is a secure and private website where consumers can see their health information, and connect with MHCD services. MyHealthPointe provides access to such information as medication lists, lab results, and vital signs, and provides consumers a new means of keeping track of their appointments – they can use mHP to see the dates and times of past appointments, to request new appointments, and to receive reminders about upcoming appointments. It also is useful as a place where consumers can connect with resources, both inside MHCD and in the broader Denver community.

MHCD received a generous grant from the Colorado Health Foundation to support consumer use of myHealthPointe, and with this funding we have hired a new team of Peer Mentors, the myHealthPointe Team, to assist consumers in accessing and becoming familiar with mHP. If you are in the Recovery Center and see staff wearing a bright green name badge, please say hello and welcome these Peer Mentors to the MHCD team.

Learn the myHealthPointe Portal at 2Succeed in Education

Vanessa Valdez, Peer Mentor, will be working with Steve Carter to assist members at 2Succeed with obtaining accounts for myhealthpointe which is a portal from which consumers can access parts of their health information.

Steve Carter will be available to assign PIN numbers in Computer Training Room 210 on Tuesdays from 10 to 11 a.m. and Thursdays from 1 – 2 p.m. starting Tuesday, January 26th.

Vanessa Valdez will be available to assist those who need it acquire a personal e-mail address and assist them with setting up a myHP account and tutor them on navigating through the portal.
NAMI OF COLORADO

February Speakers at 2SUCCEED

During our Current Events Class at 11 a.m. in Sally’s Cafe

NAMI is the National Alliance for Mental Illness, the largest grassroots mental health organization in the world.

FEBRUARY 18th  “IN OUR OWN VOICE” is a presentation of people who have mental health challenges talk about their recovery and strategies everyone can use.

FEBRUARY 25th  Sherry Bishop, Director of Education Programs of NAMI Colorado, is speaking on the programs of NAMI OF COLORADO:

- NAMI CONNECTIONS- PEER SUPPORT GROUPS IN COLORADO
- PEER TO PEER TRAINING (A 10 WEEK CLASS ON HOW TO RECOVER FROM CHALLENGES IN LIFE)
- “ENDING THE SILENCE” IS AN ANTI-STIGMA PROGRAM
- FAMILY TO FAMILY PROGRAM
- PROGRAMS FOR CHILDREN

Hope you can make it and hear some great speakers!

LACEY J. PETERSON

Consumer Experience Facilitator

4141 E. Dickenson Place
Denver, Colorado 80222
☎303.504.6579
✉lacey.peterson@mhcd.org

My Top 5 Strengths: Achiever, Developer, Futuristic, Relator & Ideation
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 afternoon at 1:00 p.m.** at Sally’s Café, 456 Bannock Street. Or contact the program administrators; Michele Rosebrook at (303)-504-1765 or Raymond Sedillo, at (303) 504 1772.

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**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 2Succeed Consumers.

- Class is held every Monday at 1–2 p.m. in Room 231
- Class is held every Friday at 1–2 p.m. in Room 231

For further details please contact either Michele Rosebrook or Raymond Sedillo at Sally’s Café.
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 Jim Anderson at 303-504-1723, Gabe Sandoval at 303-504-1720 or Melanie Ritter at 303-504-1752.

Gabe Sandoval is also at the Recovery Center on Tuesdays from 8 a.m. to 12 noon in Room 106. And Melanie Ritter is at the Recovery Center on Wednesdays from 11:30 a.m. to 3:30 p.m. in Room 106. Please call for an appointment.
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!

Rebecca Friedel,
Vocational Project Coordinator
2Succeed Classes by Category

**Computer Science (CPS)**

- **CPS 050 A  Computer Orientation (Beginner Level)**
  To arrange for a computer account you need to attend this basic orientation which explains 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 90  Computer Club**
  A time and place for computer enthusiasts to come together to share the latest applications, latest tech news, new gadgets, and video games. A network hub will be provided to network laptops together for networked game play, however, participants in the Computer Club must provide their own laptop accessories.

- **CPS 100  Keyboard Skills Training**
  Using the Typing Master software, students work through lessons and games for developing 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 operate a personal email account.

- **CPS 108 Computer Basics Tutoring Lab**
  Support lab for basics computer questions.

- **CPS 110  Microsoft Word 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 the Memo Format, Business Letter Format and basic Flyers.

- **CPS 111  Microsoft Excel Basics**
  **Prerequisite:** CPS 110 Microsoft Word Basics.
  **Enrollment Required** - Class teaches how to create, save, edit and print a basic spreadsheet for tracking information and basic calculations.

- **CPS 112  Microsoft PowerPoint 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 102  Bible Reading**
  Is one of your goals to read the New Testament? Many people have found this to be a great help in their spiritual life. People of all faiths are encouraged to attend.

- **GEN 104  Pre-GED Reading**
  We work on improving reading skills that will be necessary for the GED and for becoming a life-long learner.
2Succeed Classes by Category

- **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 or 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 109 Money Matters**
  A Budgeting class which will teach individuals the goals of saving. Students learn to identify types of expenses; and learn how to understand bank accounts, and how to achieve long-term financial goals.

- **GEN 120 Current and Historical Events**
  Come together and discuss what is happening in the city, country and world today. Comfortable environment for casual conversations and community building.

- **GEN 121 Intro to Algebra**
  **Prerequisite:** GEN 105 Pre-Algebra
  This class expands on the concepts learned in the Pre-Algebra Class. Students learn about more complex concepts such as linear equations, slopes, polynomials, exponents, inequalities, etc. Students MUST have had a pre-algebra class before they can be admitted into this class.

- **GEN 125 Recovery Talk-Inspirational Books**
  We read and discuss fun, interesting stories from books such as “Everything I Need to Know I learned in Kindergarten”, “Don’t Sweat the Small Stuff”, “Something to Smile About” and “Life’s Little Instruction Book”.

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

- **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 132 GED Writing**
  This class prepares the student for successful completion of the GED exam by offering instruction and practice in development of college level writing skills.

- **GEN 134 Leadership in Well-Being**
  This class is offered to help individuals how to lead in your own wellbeing through identifying strengths and capabilities. This class offers opportunities to learn and interact with others in learning and building tools/skills in a group setting through discussion and lessons / worksheets enhancing a sense of wellness and progress in one’s own rehabilitation and recovery-focused goals.
Succeed Classes by Category

- **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 Sound Connection**
  A long standing community gathering of musicians, artists, poets, and stand-up comedians alike. Every week brings a new experience, depending on what people would like to share or which activity is chosen to support fellowship through the performing arts. Audience members welcome also.

- **MUS 106 Acoustic Guitar Jam Circle**
  Bring a guitar or borrow one of ours and sit in with guitarist 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 107 Actor’s Cove**
  Attention: Writers and actors needed! If you love to perform, write skits, are creative; and want to be in front of an audience, Actor’s Cove is where you should be. Come join in the fun.

- **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 only.** This class provides beginning piano instruction, starting from the very beginning 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. This class is designed to quickly give students skills to enjoy and share music using the piano.

- **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.
2Succeed Classes by Category

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.

Wellness (WLS)

♦ 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 105  Diabetes Education
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 106  Arts Workshop
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 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 the opportunity to seek spiritual methods through discussions by questions or answers 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 111  Wellness Friday
Our objective of this class gives the opportunity / awareness in how self-wellness contributes to our overall well-being / mental health.
Come and enjoy a mini pedicure or a mini manicure and learn the benefits of self care.

♦ WLS 111  Walking Class
Walk at your own pace! 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 114  Yoga / Stretching
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 Classes by Category

- **WLS 116  YMCA Workout**
  Get Healthy! Join in a group of members and staff in 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. Then one time a week we go to the YMCA at Colorado Blvd which includes swimming, steam room and sauna. Come dressed in workout clothes or use a locker at the Y.

- **WLS 117  Weight Room Orientation**
  Get your 2Succeed Fitness Room Membership and Card so that you can utilize the Fitness Room to work on your wellness goals five days a week.

- **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 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 124  Movement**
  Using Dance and Movement is a fun way to get in some healthy exercise and share dance moves with others. Dance/move to various music genres weekly in Sally’s Café dining room.

- **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.

- **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.
## 2 SUCCEED CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tr>
<td><strong>Monday</strong></td>
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<tr>
<td><strong>WLS 119</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>GEN 109</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
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<tr>
<td><strong>GEN 105</strong> Pre-Algebra</td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td><strong>MUS 200</strong> Ear Training</td>
<td>Music Room 245</td>
<td>10:30 a.m. - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 121</strong> Intro to Algebra</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>MUS 111</strong> Beginning Guitar Class</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 114</strong> Yoga</td>
<td>First Floor Library</td>
<td>11 a.m.—12 noon</td>
<td>Carrie Solano</td>
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<tr>
<td><strong>CUL 102</strong> ServSafe Training</td>
<td>Room 231</td>
<td>1—2 p.m.</td>
<td>Michele Rosebrook / Ray Sedillo</td>
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<tr>
<td><strong>WLS 133</strong> Knit, Crochet and Needlework</td>
<td>Conference Room 126</td>
<td>1 - 3 p.m.</td>
<td>Marilyn / Participants</td>
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<tr>
<td><strong>GEN 129</strong> Eagle Eye 10 Photography</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Participants</td>
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<tr>
<td><strong>CPS 103</strong> Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
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<tr>
<td><strong>GEN 109</strong> Money Matters</td>
<td>Sally’s Café</td>
<td>3:30—4:15 p.m.</td>
<td>Mary Sharp</td>
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<tr>
<td><strong>MUS 110</strong> Beginning Piano</td>
<td>Room 247</td>
<td>3:15—4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS 102</strong> Music Tutoring</td>
<td>Room 247</td>
<td>5 —5:50 p.m.</td>
<td>Casey Ehresman</td>
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<td>Class</td>
<td>Location</td>
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<td>Instructor / Facilitator</td>
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<td><strong>Tuesday</strong></td>
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<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>CPS 108</strong></td>
<td>Computer Room 210</td>
<td>10 - 11 a.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Computer Skills Tutoring</td>
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<tr>
<td>Dual Recovery Anonymous</td>
<td>Conference Room 126</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
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<tr>
<td><strong>WLS 117</strong></td>
<td>Fitness Room 243</td>
<td>11 - 12 noon</td>
<td>Rosey Glover</td>
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<tr>
<td>Weight Training Orientation</td>
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<td><em>or by appointment</em></td>
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<tr>
<td><strong>CPS 100</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Keyboard Skills</td>
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<tr>
<td><strong>GEN 122</strong></td>
<td>Room 231</td>
<td>1–2 p.m.</td>
<td>Stephanie Snelgrove</td>
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<tr>
<td>Creative Writing</td>
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<tr>
<td><strong>WLS 110</strong></td>
<td>Wellness Room 244 / Sally’s Café</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Mind, Body and Spirit</td>
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<tr>
<td><strong>WLS 116</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
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<tr>
<td>YMCA Work Out</td>
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<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>GED Writing</td>
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<tr>
<td><strong>WLS 132</strong></td>
<td>Conference Room 126</td>
<td>3 - 4 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Baby Boomers and Beyond</td>
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<tr>
<td><strong>MUS 107</strong></td>
<td>Sally’s Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Mary Sharp</td>
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<td>Actor’s Cove</td>
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<tr>
<td><strong>Wednesday</strong></td>
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<tr>
<td><strong>WLS 138</strong></td>
<td>Munch Bunch Coffee Area</td>
<td>9 - 10 a.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Arts / Entertainment in the News</td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>GEN 105</strong></td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>Pre-Algebra</td>
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<tr>
<td><strong>WLS 104</strong></td>
<td>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
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<tr>
<td>Sassy Seat</td>
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<tr>
<td><strong>CPS 103</strong></td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>Basic Computer Skills</td>
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<tr>
<td>Class</td>
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<td>Instructor / Facilitator</td>
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<tr>
<td><strong>Wednesday (continued)</strong></td>
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<tr>
<td><strong>GEN 104</strong></td>
<td>Conference</td>
<td>10:30 - 11:30 a.m.</td>
<td><strong>By Appointment Only</strong></td>
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<tr>
<td>Pre GED/GED Tutoring Lab</td>
<td>Room 126</td>
<td></td>
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<tr>
<td><strong>SE 102</strong></td>
<td>Room</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
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<tr>
<td>Math for the College Bound</td>
<td>115</td>
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<tr>
<td><strong>WLS 112</strong></td>
<td>Baker Neighborhood</td>
<td>1 - 1:30 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Walking</td>
<td>Meet at reception</td>
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<tr>
<td><strong>CPS 100</strong></td>
<td>Computer</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td>Room 210</td>
<td></td>
<td><strong>Need to be enrolled</strong></td>
</tr>
<tr>
<td><strong>GEN 102</strong></td>
<td>Room</td>
<td>1 - 2 p.m.</td>
<td>Chris Hack</td>
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<tr>
<td>Bible Reading Group</td>
<td>231</td>
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<tr>
<td><strong>GEN 108</strong></td>
<td>Conference</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
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<tr>
<td>Life Skills</td>
<td>Room 126</td>
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<tr>
<td><strong>GEN 109</strong></td>
<td>Wellness</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Meditation</td>
<td>Room 244</td>
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<tr>
<td><strong>MUS 106</strong></td>
<td>Sally’s Café</td>
<td>2:15 - 3 p.m.</td>
<td>Ray Sedillo</td>
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<tr>
<td>Acoustic Guitar Jam Circle</td>
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<tr>
<td><strong>CPS 050 A</strong></td>
<td>Computer</td>
<td>2 - 4 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Computer Orientation</td>
<td>Room 210</td>
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<td><strong>By appointment, only</strong></td>
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<tr>
<td><em>(Beginner Level)</em></td>
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<tr>
<td><strong>WLS 116</strong></td>
<td>University Hills</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
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<tr>
<td>YMCA Work Out</td>
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<tr>
<td><strong>CPS 90</strong></td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td>Phillip/Participants</td>
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<td>Computer Club</td>
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<tr>
<td><strong>MUS 104</strong></td>
<td>Sally’s Café</td>
<td>3 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Sound Connection</td>
<td>Dining Room</td>
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<tr>
<td><strong>GEN 120</strong></td>
<td>Sally’s Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Chris Hack</td>
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<tr>
<td>Current and Historical Events</td>
<td>Coffee Shop</td>
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## SUCCEED CLASS SCHEDULE

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<th>Class</th>
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<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Thursday</strong></td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>WLS 114</strong></td>
<td>First Floor Library</td>
<td>10:30 - 11:30 a.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Yoga</td>
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<tr>
<td><strong>MUS 108</strong></td>
<td>Conference Room 126</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Music Literacy</td>
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<tr>
<td><strong>MUS 113</strong></td>
<td>Sally’s Café Dining Room</td>
<td>11:15 a.m.–12 noon</td>
<td>Casey Ehresman</td>
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<tr>
<td>Community Choir</td>
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<tr>
<td><strong>CPS 100</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Keyboard Skills</td>
<td></td>
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<td><strong>Need to be enrolled</strong></td>
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<tr>
<td><strong>CPS 108</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Computer Skills Tutoring</td>
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<tr>
<td><strong>GEN 125</strong></td>
<td>Munch Bunch Coffee Area</td>
<td>2 p.m. - 3 p.m.</td>
<td>Chris Hack</td>
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<tr>
<td>Recovery Talk - Inspirational Books</td>
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<tr>
<td><strong>WLS 128</strong></td>
<td>Conference Room 126</td>
<td>2:30 - 4 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Intender’s Circle</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>
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<tr>
<td>GED Math</td>
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<tr>
<td><strong>GEN 104</strong></td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td><strong>Need to be enrolled</strong></td>
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<tr>
<td>Pre GED Reading</td>
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<tr>
<td><strong>WLS 124</strong></td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Participants</td>
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<tr>
<td>Movement</td>
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<tr>
<td>Class</td>
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<tr>
<td><strong>Friday</strong></td>
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<tr>
<td>GEN 134</td>
<td>Munch Bunch Coffee Area</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
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<tr>
<td>Leadership in Well-Being</td>
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<tr>
<td>GEN 121</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>Intro to Algebra</td>
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<tr>
<td>GEN 132</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>GED Writing</td>
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<tr>
<td>WLS 104</td>
<td>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td></td>
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<tr>
<td>WLS 105</td>
<td>Room 231</td>
<td>11 a.m. - 11:45 a.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td>Psychiatric Rehabilitation</td>
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<tr>
<td>Association’s Core Principles</td>
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<tr>
<td>GEN 109</td>
<td>Wellness Room 244</td>
<td>10:30-11:30 a.m.</td>
<td>Carrie Sola</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
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<tr>
<td>SE 102</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td></td>
<td></td>
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<tr>
<td>CPS 050 B</td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Orientation (Have some Skills)</td>
<td></td>
<td>By appointment, only</td>
<td></td>
</tr>
<tr>
<td>CUL 102</td>
<td>Room 231</td>
<td>1–2 p.m.</td>
<td>Michele Rosebrook / Ray Sedillo</td>
</tr>
<tr>
<td>ServSafe Training</td>
<td></td>
<td>Must be enrolled</td>
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<tr>
<td>WLS 111</td>
<td>First Floor Library</td>
<td>1 - 4 p.m.</td>
<td>Meredith Mills</td>
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<tr>
<td>Wellness Friday</td>
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<tr>
<td>WLS 121</td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Gratitude in Recovery</td>
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<tr>
<td>WLS 135</td>
<td>Room 231</td>
<td>2 - 3 p.m.</td>
<td>Ray Sedillo</td>
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<tr>
<td>Nutrition 101:</td>
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<tr>
<td>GEN 201</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>Intro to Statistics</td>
<td></td>
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<tr>
<td>WLS 116</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
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<tr>
<td>YMCA Work Out</td>
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<tr>
<td>CPS 90</td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td>Phillip/Participants</td>
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<tr>
<td>Computer Club</td>
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<tr>
<td>MUS 109</td>
<td>Sally’s Café Dining Room</td>
<td>3:15 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Drum Circle</td>
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## Plans for February 2016

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<tr>
<th>Sunday</th>
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<td>29</td>
<td>Notes</td>
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**FREE DAYS AROUND DENVER - 2016 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, February 6
☆ Saturday, March 5
☆ Saturday, April 2

**Denver Botanic Gardens**
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Monday, February 15 (President's Day)
☆ Saturday, March 19 (World Water Day)
☆ Sunday, April 3
☆ Thursday, June 23

**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, February 2
☆ Tuesday, March 1
☆ Tuesday, April 5
☆ Tuesday, June 7

**Denver Firefighters Museum**
(303-892-1436)
1326 Tremont Place, Denver
Monday - Saturday 10 a.m. to 4 p.m.
www.denverfirefightersmuseum.org
☆ Seniors 65+ are free the second Saturday of every month

**Denver Museum of Nature & Science**
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Sunday, February 7
☆ Monday, March 7
☆ Sunday, April 10
☆ Saturday, April 23

**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
☆ Monday, February 1
☆ Thursday, February 18
☆ November 4
☆ November 7
☆ November 17

**Molly Brown House Museum**
(303-832-4092)
1340 Pennsylvania Street, Denver
Free museum admission to the residents of Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, and Jefferson Counties.
**Closed Mondays**
**Tuesday through Saturday**
First tour starts at 10:00 am
Last tour starts at 3:30 pm

**Sunday**
First tour starts at 12:00 pm
Last tour starts at 3:30 pm
www.mollybrown.org

Always call ahead to verify event information!
<table>
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<th>Monday</th>
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<tr>
<td>MSUD Student/Faculty Recital @ King Center 1:45 to 3 pm</td>
<td>Coffee Club @ Starbucks 5:30—6 p.m.</td>
<td>Ice Cream Social @ Yogurt Land 5:30—6 p.m.</td>
<td>Movie Time! 1 to 4:30 p.m. Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE) Bingo 5:30—6 p.m.</td>
<td>Open Mike 5 - 5:45 p.m.</td>
</tr>
<tr>
<td>Community Forum in Sally's Café @ 1 p.m. Karaoke 5:15—6 p.m.</td>
<td>Community Forum in Sally's Café @ 1 p.m. Coffee Club @ Dazbog 5:30—6 p.m.</td>
<td>Ice Cream Social @ Sweet Action 5:30—6 p.m.</td>
<td>Community Forum in Sally's Café @ 1 p.m. Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE) Bingo 5:30—6 p.m.</td>
<td>Coffee Club @ Starbucks 5:30—6 p.m.</td>
</tr>
<tr>
<td>MSUD Student/Faculty Recital @ King Center 1:45 to 3 pm</td>
<td>Community Forum in Sally's Café @ 1 p.m. Coffee Club @ Pablo’s 5:30 - 6 p.m.</td>
<td>Ice Cream Social @ Yogurt Land 5:30—6 p.m.</td>
<td>Community Forum in Sally's Café @ 1 p.m. Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE) Bingo 5:30—6 p.m.</td>
<td>Coffee Club @ Starbucks 5:30—6 p.m.</td>
</tr>
<tr>
<td>Community Forum in Sally's Café @ 1 p.m. Karaoke 5:15—6 p.m.</td>
<td>Coffee Club @ Bardo’s 5:30—6 p.m.</td>
<td>Ice Cream Social @ Sweet Action 5:30—6 p.m.</td>
<td>Community Forum in Sally's Café @ 1 p.m. Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE) Bingo 5:30—6 p.m.</td>
<td>Coffee Club @ Starbucks 5:30—6 p.m.</td>
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<tr>
<td>Multicultural Education Week Kick Off-Inclusiveness Workshop 1 pm Sally’s Café Karaoke 5:15—6 p.m.</td>
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**March 2016**

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<th>1</th>
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<tbody>
<tr>
<td>Coffee Club @ Starbucks 5:30—6 p.m.</td>
<td>Ice Cream Social @ Yogurt Land 5:30—6 p.m.</td>
<td>Music Trivia 5 -6 p.m. (CE) Bowling 3 - 5 p.m. (RG) Bingo 5:30—6 p.m.</td>
<td>Open Mike 5 - 5:45 p.m.</td>
</tr>
</tbody>
</table>

Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
SALLY’S CAFÉ

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.

Munch Bunch

Weekly Sales for February

Week 1  Buy 1 Reese’s Peanut Butter Cup get 1 for Half Price!
Week 2  Buy 1 Baked Popcorn get 1 for Half Price!
Week 3  Buy 1 Kellogg’s Fruity Snacks get 1 for Half Price!
Week 4  Buy 1 Fiber One Brownie get 1 for Half Price!

The dining room is reserved for program use.