EMPLOYMENT SPOTLIGHT - JESUS HERNANDEZ

Jesus Hernandez is a regular face at 2Succeed. Jesus attends 2Succeed almost every Wednesday to visit with friends, enjoy a delicious lunch and work on his art. What you may not know about Jesus is that he has been successfully employed at King Soopers for 17 years.

Jesus began working at the King Soopers store on Colorado and Yale in April 1999. He has fond memories of the store and his former supervisor Les Gomez. Last summer Jesus decided that he needed to transfer to a King Soopers at a different location because he had moved to the south side of Denver.

Jesus worked with Michelle Savoy to find a store in his area that needed a Courtesy Clerk and where his hours would remain relatively the same, to meet Jesus’s needs. He continues to be on social security benefits and did not want anything to interfere with the benefit. Jesus transferred stores on November 17\textsuperscript{th} and began working at the new Belmar store. Jesus really likes this store; besides being closer to his home, he really likes all of his co-workers. Jesus noted, “People are so friendly, it makes it fun.” Michelle Savoy assisted Jesus in the transfer to the new store and to be comfortable in his new work environment. Jesus was very appreciative of Michelle’s help and said it helped him to be successful when starting the new job. The Belmar store is much bigger than the King Soopers where Jesus had worked previously. However, It took Jesus no time at all to familiarize himself with the new store and to impress his employer with his work skills, ethics and abilities.

( - 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 10am
   - Wednesday 2pm
   - Thursday 10am

☐ **Step 2:** Participate in a Learning and Wellness Planning Workshop
   - Monday 1pm
   - Tuesday 9am
   - Wednesday 1pm
   - Thursday 9am

☐ **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!

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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.

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

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
2016 2Succeed Satisfaction Survey

Thank you to everyone who took the time to participate in the 2016 2Succeed Satisfaction Survey! Your input and thoughtful responses were very much appreciated. We want you to know how valuable your feedback is in helping us to continue to grow and develop the Education program at 2Succeed. The overall results from the survey were very positive and we are extremely thankful for the wonderful members of this program.

The top response for “What classes/groups would you like to see 2Succeed offer?” — increased GED offering. We are gathering resources and researching different ways we can improve the GED offerings at 2Succeed.

The top response for “What activities would you like to see offered at 2Succeed?” — the annual retreat. We hope you will be excited to know we intend to bring back a retreat-type of event to 2Succeed. The new retreat will not be exactly the same as our previous retreats; however, we will be trying to offer a revised retreat.

It’s important to know that while we do value everyone’s feedback, we are not always able to accomplish everyone’s suggestions at 2Succeed. We really try to focus on providing the best educational and wellness offerings we can. Please continue to use the suggestion box that can be found near the activity book.

Thanks again, 2Succeed Staff

EMPLOYMENT SPOTLIGHT ( - CONTINUED FROM PAGE 1 - )

Jesus said that the most important aspect of his job is putting the customer first. He works everyday on engaging the customers, to see if they have special needs or specific ways that they want the groceries bagged. Jesus works very hard to do his best at work and in life every day. When asked what was the best thing about work and he said, “The money, (laughing) no not really, it is being around people and then the money!” Jesus explained that it is very important to like where you work and the people you work with. Jesus further noted that it’s extremely important to him to make his own money and to help his family.

Congratulations, Jesus! You are an inspiration to all of us and we are honored to know you.

2Succeed Employment program is available to anyone who receives services at MHCD. If you would like to know more about the 2Succeed Employment program please contact me, Linda Miller at 303.504.1734.

If you are interested in enrolling in 2Succeed to find employment please contact Gabe Sandoval or Melanie Ritter at 303.504.1700.
**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.

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**Yoga**

Monday 11 a.m. to 12 noon
Thursday 10:30 to 11:30 a.m.

First Floor Library
Wear comfortable clothing

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**WELLNESS FRIDAY**
**AT 2SUCCCEED**

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
303-504-1713
meredith.mills@mhed.org

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**-Munch Bunch Volunteers Needed**

*Learn Customer Service Skills
*Work With Fun People
*Help Make Money For 2Succeed Outings

Contact Mary For Details
303-504-1768
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.*

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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: Carrie Solano (303)305-1743  carolyn.solano@MHCD.org

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YMCA Workout

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

*Friday 2 pm*

*YMCA*

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

Sign Up In The Activity Book
Baby Boomers Club
1946-1964
Carrie Solano, Facilitator
Meets the 2nd and 4th Tuesday of each month from 3:30 to 4:30 p.m. in Conference Room 126
April 12th & April 26th
May 10th & May 24th
June 14th & June 28th
Come and join the fun!

Eagle Eye Photography Club
Meeting every Monday from 2 - 3 p.m. in Orientation Room 247

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 April 2016 are: April 7th and April 21st.

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 303-504-1713 or meredith.mills@MHCD.org
LEADERSHIP IN RECOVERY
(In The Coffee Shop)
Fri- 9am
- How to lead in your own recovery?
  - What's available?
  - What Plans for the weekends?
  - Resources
- Tools for coping with stressors
- Individual service plan & goals
- Tips for the Day!

LEARN HOW TO $BUDGET$$
MONEY MATTER$ Classes
Sharpen Up Your Budgeting Skills
With
MARY SHARP
Sally's Cafe
Mondays 3:30 to 4:15 p.m.

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

April 2016
Independence / Self-Reliance and Interdependence

May 2016
Acceptance / Rejection / Assertiveness

June 2016
Environment & You / Self Esteem

Dual Recovery Anonymous
Meets on Tuesday and Friday
11 a.m. to 12 noon
Conference Room 126
456 Bannock Street
Computer Training at 2Succeed

☐ (Step 1) Complete **Computer Orientation**.
  
  ✦ Contact Steve Carter to set an appointment to attend 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 Basic Computer Skills Class and/or Keyboard Skills to gain necessary skills for further computer training.

☐ (Step 3) **Microsoft Word 2010 Basics—Is the first class** that you attend to continue on to additional software classes — 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).

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**BASIC COMPUTER SKILLS**

**What you will learn:**
Introduction to computers, hardware and software, how to browse the internet, introduction to Microsoft Word, send and receive e-mails.

Instructor: Marbella Myers (Bolivar)

✦ Need to be enrolled to attend this class.

**Meets Monday @ 2 p.m. to 3 p.m.**
**And Wednesday @ 10:30 to 11:30 a.m.**

**In Computer Room 210**

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**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.
Microsoft PowerPoint 2010 Basics

**Planned Start Date:**
Friday, April 22, 2016

**Class days / times:** will be Tuesdays and Fridays
2 p.m. to 4 p.m. (15 minute break during class)
Class runs for about 12-14 weeks

**Prerequisite** - must have taken Microsoft Word to have
the basic skills needed for this class.

**Enrollment Required** - This class teaches how to create,
save, print and run a basic presentation (slide show). PowerPoint is a
needed skill for higher education and employment.

*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.*

Microsoft Publisher 2010 Basics

**Planned Start Date:**
Tuesday, May 10, 2016

**Class days / times:** will be Tuesdays and Fridays
10 a.m. to 12 noon (15 minute break during class)
Class runs for about 12-14 weeks

**Prerequisite** - must have taken Microsoft Word to have the basic
skills needed for this class.

**Enrollment Required** - This class teaches how to create, save and print
documents such as business cards, flyers and simple newsletters.
Publisher is a desired skill for higher education and employment.

*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.*
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, April 5) Speaker, Leonard Penn, will talk about “Your True Eternal Self”.
(1:30 to 3 p.m. in Sally’s Café)

Week 2 - (Tuesday, April 12) “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

Week 3 - (Tuesday, April 19) “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

Week 4 - (Tuesday, April 26) Spiritual Cinema—”One” (movie).
(1:30 to 4 p.m. in Sally’s Café)
The Benefits of Meditation

- Lowers high blood pressure
- Improves the immune system
- Higher states of consciousness
- Happiness and well-being increases
- Intuition develops and so much more

Meditation Class
Carrie Solano, Facilitator
Wellness Room 244

Wednesdays 2–3 p.m.
Midweek - Relax your mind from stress!

Mondays 10–11 a.m.
Fridays 11 a.m.—12 noon
We had an opening of our current Art Show, “Meditations on Mandalas”, in February at Sally’s Café Coffee Shop. There were refreshments for everyone. Some of the artists spoke about their artwork at that time. We have 22 artists whose work is being displayed.

**Mandalas**

Circular forms in Indian art are called mandalas, which is the Sanskrit word for "sacred circle." Recently, the creation and coloring of mandala designs has gained popularity in many parts of the world as a means for reducing stress. Completed mandalas are often used as visual tools for centering and calming the mind by offering a focal point during meditation.

Mandalas are associated with the concepts of wholeness, unity, harmony and the cycle of life. Renowned psychiatrist Carl Jung hypothesized that the mandala design is an archetype, common to all human beings regardless of their time in history or their location on earth, suggesting that the mandala design is a part of our collective unconscious. For centuries, mandalas have helped meditation practitioners focus inwardly. Mandala circles regard the earth, the sun and the moon as conceptual circles in life relating to family and community. Mandalas can feature geometric or organic forms within them and they often reflect a specific meaning for the person designing them. Some meditation practitioners believe that once a mandala is created, it becomes sacred and nothing negative is able to penetrate the sacred circles.

Throughout history, Tibetan Buddhist monks and Native Americans have practiced this art as a form of meditation and to improve their spiritual energy, however mandalas are also found in Buddhist, Jewish, Christian and Islamic art as well as in Indigenous Australian practices. Mandala motifs appear not only in Buddhist stupas, but also in Christian cathedrals (often as stained glass windows) and in Muslim mosques.

Mandala making can be a form of art therapy, since the drawing and painting of circles is sort of meditative act which can help individuals relax while also providing an opportunity for self-expression within a cohesive design. Mandala making can be a healing practice because we are able to forget anxiety - and often even physical pain - while focusing on the drawing and shading circles. It can help to develop self-confidence, patience and concentration, while also providing a path for inward discovery and an awareness of the present moment.

Here in the 2Succeed Art Studio, each artist selected an existing black and white mandala design and then went on a creative journey to bring it to life through a combination of art media: paint, colored pencils, markers, collage, and a variety of mixed-media embellishments. Each mandala exhibits a unique, creative expression that sets it apart from the others.

By Kristin Elise, Studio Art/Vocational Counselor II
2Succeed in Education Program
The 2S Gallery
Mandala Art Showing
in Sally’s Café
Coffee Shop
Visual Journaling Class

Wednesdays and Fridays from 2:00-4:00pm
Art Room 118

Journaling is an excellent way to creatively express oneself while reducing stress. Join Kristin in the art studio on Wednesdays and/or Fridays from 2:00-4:00pm to learn the art of visual journaling, which involves adding visual elements to written word. We will explore a variety of media (drawing, painting, collage and printmaking), to end up with richly layered, uniquely expressive journal pages to keep tucked away or to display.
April Drawing Classes!

Come and join us for the following workshops in the art studio and taught by fellow 2Succeed member and extremely talented artist, Dave:

- **Learn Beginning Portrait Drawing**
  - Thursday (4/7) from 1:30-2:30pm

- **Learn Beginning Figure Drawing**
  - Thursday (4/14) from 1:30-2:30pm

- **Learn Beginning Shading**
  - Thursday (4/21) from 1:30-2:30pm

- **Learn About Color**
  - Thursday (4/28) from 1:30-2:30pm

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Social Skills Class

*Respect*

Problem Solving and Practicing Real Life Social Situations

Meets Thursdays from 9-10 a.m. in Orientation Room 247

Contact: Justin Moore at justin.moore@mhcd.org

303-504-1700

POLITENESS COURTESY KINDNESS
“Let’s Dance”
Class / Lessons

Fridays - 2 to 3:15 p.m.
Sally’s Café

We will learn the following Dance Steps:
- East Coast Swing (Jitterbug)
- Nightclub 2 Step
- Country 2 Step
- Cowboy Cha Cha Cha

Writing for Recovery

Fridays - 11 a.m. to 12 noon
Orientation Room 247

- How to Write a Haiku Journal
- Writing an A to Z Story
- Letters to our Government
- Letters to the Editor
- Lots of Other Writing Exercises
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 Specialist, 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 to 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.
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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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 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 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. Class is usually offered 1-2 time per year.

- **CPS 113  Microsoft Publisher Basics**
  
  **Prerequisite:** CPS 110 Microsoft Word Basics.
  
  **Enrollment Required** - Class teaches how to create, save and print documents such as business cards, flyers and simple newsletters.

#### 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.

- **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.
2Succeed Classes by Category

- **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 learn 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.

- **GEN 136 Group Games**
  The objective of the class is to challenge our bodies and our minds, and to have fun. We will do a variety of inside activities including: games like Yahtzee, Scrabble, Boggle, Cribbage, Checkers and dance lessons.

- **GEN 140 Writing for Recovery**
  A writing class for individuals wanting to express themselves in a fun and meaningful way. Classes include different types of poetry, writing exercises, short stories, advocacy letters and any suggestions from our members who enjoy writing. Beginning and experienced writers are encouraged to come and have fun.
Mu is where you should be. Come join in the fun.  

Want to be in front of an audience, Actor’s Cove love to perform, write skits, are creative; and Attention: Writers and actors needed! If you triangle.

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 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 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 required. 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.
### 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 100  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 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  “Let’s Dance! Lessons**
  We will be exploring different types of dance: the East Coast Swing (also known as Jitterbug), Country two step, Country Waltz, Nightclub 2-Step (slow dancing), Cowboy Cha Cha Cha, and other easy to learn dances. Come and have fun and get some good exercise!

- **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 112  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.

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**FITNESS**
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 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.

- **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 Class Schedule

<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>WLS 119 Open Art Studio</td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>GEN 109 Meditation</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>GEN 105 Pre-Algebra</td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>MUS 200 Ear Training</td>
<td>Music Room 245</td>
<td>10:30 a.m. - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GEN 202 Trigonometry</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>MUS 111 Beginning Guitar Class</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>WLS 114 Yoga</td>
<td>First Floor Library</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>GEN 201 Intro to Statistics</td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>CUL 102 ServSafe Training</td>
<td>Room 231</td>
<td>1–2 p.m.</td>
<td>Michele Rosebrook / Ray Sedillo</td>
</tr>
<tr>
<td>WLS 133 Knit, Crochet and Needlework</td>
<td>First Floor Library</td>
<td>1 - 3 p.m.</td>
<td>Marolyn / Participants</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>GEN 109 Money Matters</td>
<td>Sally’s Café</td>
<td>3:30–4:15 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td>MUS 110 Beginning Piano</td>
<td>Room 247</td>
<td>3:15–4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>MUS 102 Music Tutoring</td>
<td>Room 247</td>
<td>5–5:50 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
## 2SUCCEED 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>Tuesday</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>
</tr>
<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>10 - 11 a.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>CPS 108</strong></td>
<td>Computer Room 210</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>Computer Skills Tutoring</td>
<td>Conference Room 126</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Conference Room 126</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>WLS 117</strong></td>
<td>Fitness Room 243</td>
<td>11 - 12 noon</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>Weight Training Orientation</td>
<td>Fitness Room 243</td>
<td>or by appointment</td>
<td>Rosey Glover</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>Computer Room 210</td>
<td>Need to be enrolled</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>GEN 122</strong></td>
<td>Room 231</td>
<td>1 – 2 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Creative Writing</td>
<td>Room 231</td>
<td>1 – 2 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>WLS 110</strong></td>
<td>Wellness Room 244 / Sally’s Café</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano (1:30 - 3 p.m. Speaker)</td>
</tr>
<tr>
<td>Mind, Body and Spirit</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td><strong>WLS 116</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GED Writing</td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 132</strong></td>
<td>Conference Room 126</td>
<td>3 - 4 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Baby Boomers and Beyond</td>
<td>Conference Room 126</td>
<td>3 - 4 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>MUS 107</strong></td>
<td>Sally’s Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td>Actor’s Cove</td>
<td>Sally’s Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Mary Sharp</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>
</tr>
<tr>
<td>Arts / Entertainment in the News</td>
<td>Munch Bunch Coffee Area</td>
<td>9 - 10 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS 104</strong></td>
<td>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Carrie Solano</td>
</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>Computer Room 210</td>
<td>Need to be enrolled</td>
<td>Marbella Myers</td>
</tr>
</tbody>
</table>
# 2SUCCEED CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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</thead>
<tbody>
<tr>
<td><strong>Wednesday (continued)</strong></td>
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</tr>
<tr>
<td><strong>GEN 104</strong></td>
<td>Conference Room 126</td>
<td>10:30 - 11:30 a.m.</td>
<td>By Appointment Only</td>
</tr>
<tr>
<td>Pre GED/GED Tutoring Lab</td>
<td></td>
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</tr>
<tr>
<td><strong>SE 102</strong></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>
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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>
</tr>
<tr>
<td>Walking</td>
<td>Meet at reception</td>
<td></td>
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</tr>
<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>CUL 103</strong></td>
<td>Sally’s Café</td>
<td>1 - 1:30 p.m.</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td>Culinary Orientation</td>
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<tr>
<td><strong>CUL 104</strong></td>
<td>Sally’s Café</td>
<td>1:30 to 2 p.m.</td>
<td>Michele Rosebrook</td>
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<tr>
<td>Culinary Meeting</td>
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<tr>
<td><strong>GEN 108</strong></td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
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<tr>
<td>Life Skills</td>
<td></td>
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<tr>
<td><strong>GEN 109</strong></td>
<td>Wellness Room 244</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</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 Room 210</td>
<td>2 - 4 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Computer Orientation</td>
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<tr>
<td>(Beginner Level)</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>WLS 136</strong></td>
<td>Sally’s Café Coffee Shop</td>
<td>2:30 - 4:30 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Group Games</td>
<td></td>
<td>(1st and 3rd Weds/mth)</td>
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</tr>
<tr>
<td><strong>WLS 136</strong></td>
<td>Community</td>
<td>2:30 - 4:30 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Horse Shoes</td>
<td></td>
<td>(2nd and 4th Weds/mth)</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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<tr>
<td>Computer Club</td>
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<tr>
<td><strong>MUS 104</strong></td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Sound Connection</td>
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</tbody>
</table>
## 2SUCCEED CLASS SCHEDULE

<table>
<thead>
<tr>
<th><strong>Class</strong></th>
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<th><strong>Instructor / Facilitator</strong></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</td>
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<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>11 a.m.- 12 noon</td>
<td>Carrie Solano</td>
</tr>
<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>
</tr>
<tr>
<td>Music Literacy</td>
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<tr>
<td><strong>GEN 125</strong></td>
<td>Sally’s Café Coffee Shop</td>
<td>11 a.m.- 12 noon</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Recovery Talk - Inspirational Books</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>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td><strong>Need to be enrolled</strong></td>
<td></td>
</tr>
<tr>
<td><strong>CPS 108</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Skills Tutoring</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 120</strong></td>
<td>Sally’s Café Coffee Shop</td>
<td>3:30 - 4:30 p.m.</td>
<td>Chris Hack</td>
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<tr>
<td>Current Events</td>
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<tr>
<td><strong>Friday</strong></td>
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</tr>
<tr>
<td><strong>GEN 134</strong></td>
<td>Munch Bunch Coffee Area</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Leadership in Well-Being</td>
<td></td>
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<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GED Writing</td>
<td></td>
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<tr>
<td><strong>WLS 104</strong></td>
<td>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td>231</td>
<td></td>
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<tr>
<td><strong>WLS 105</strong></td>
<td>Room 231</td>
<td>11 a.m. - 11:45 a.m.</td>
<td>Ray Sedillo</td>
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<tr>
<td>Psychiatric Rehabilitation</td>
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<tr>
<td><strong>GEN 109</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
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</tbody>
</table>
## 2SUCCEED CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>Friday (continued)</strong></td>
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<tr>
<td><strong>GEN 140</strong></td>
<td>Orientation Room 247</td>
<td>11 a.m. - 12 noon</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>Writing for Recovery</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>GEN 201</strong></td>
<td>Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Intro to Statistics</td>
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<tr>
<td><strong>CPS 050 B</strong></td>
<td>Computer Room 210</td>
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<tr>
<td>Orientation (Have some Skills)</td>
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<td>By appointment, only</td>
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<tr>
<td><strong>GEN 105</strong></td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>Pre-Algebra</td>
<td></td>
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<tr>
<td><strong>CUL 102</strong></td>
<td>Room 231</td>
<td>1–2 p.m.</td>
<td>Michele Rosebrook / Ray Sedillo</td>
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<tr>
<td>ServSafe Training</td>
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<tr>
<td><strong>GEN 102</strong></td>
<td>Orientation Room 247</td>
<td>1–2 p.m.</td>
<td>Chris Hack</td>
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<tr>
<td>Bible Reading/Discussion</td>
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<tr>
<td><strong>GEN 106</strong></td>
<td>Sally’s Café Room 244</td>
<td>2 - 3:15 p.m.</td>
<td>Chris Hack</td>
</tr>
<tr>
<td>“Let’s Dance” Lessons</td>
<td></td>
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<tr>
<td><strong>WLS 111</strong></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><strong>WLS 121</strong></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><strong>WLS 135</strong></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><strong>WLS 116</strong></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><strong>CPS 90</strong></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><strong>MUS 109</strong></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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<td>Sunday</td>
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</table>
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
illard
Saturday, April 2
Saturday, May 7
Saturday, June 4

Denver Botanic Gardens
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
illard
Sunday, April 3
Thursday, June 23
Tuesday, July 26

Denver Botanic Gardens at Chatfield
(303-973-3705)
8500 Deer Creek Canyon Road, Littleton
9 a.m. to 5 p.m.
www.botanicgardens.org
illard
Tuesday, April 5
Tuesday, June 7
Tuesday, July 12

Denver Firefighters Museum
(303-892-1436)
1326 Tremont Place, Denver
Monday - Saturday 10 a.m. to 4 p.m.
www.denverfirefightersmuseum.org
illard
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
illard
Sunday, April 10
Saturday, April 23
Monday, May 9
Sunday, June 5

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
illard
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!
# Success Social Activities - April 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>28</td>
<td>29</td>
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</tr>
<tr>
<td>Community Forum in Sally’s Café @ 1 p.m.</td>
<td>Coffee Club @ Starbucks 5:30-6 p.m.</td>
<td>Ice Cream Social 5:30—6 p.m.</td>
<td>Music Trivia 5:00-6 p.m. (CE)</td>
<td>Open Mike 5 - 5:45 p.m.</td>
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<td></td>
<td>Karaoke 5:15—6 p.m.</td>
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<td>Bowling 3 - 5 p.m. (RG)</td>
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<tr>
<td>MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
<td>Conference on World Affairs – Boulder 9 a.m. to 4 p.m.</td>
<td>Ice Cream Social 5:30—6 p.m.</td>
<td>Movie Time! 1 to 4:30 p.m.</td>
<td>Open Mike 5 - 5:45 p.m.</td>
</tr>
<tr>
<td>Community Forum in Sally’s Café @ 1 p.m.</td>
<td>Coffee Club @ Dazbog 5:30—6 p.m.</td>
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<td>Bowling 3 - 5 p.m. (RG)</td>
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</tr>
<tr>
<td>MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
<td>Coffee Club @ Pablo’s 5:30 - 6 p.m.</td>
<td>Ice Cream Social 5:30—6 p.m.</td>
<td>Bowling 3 - 5 p.m. (RG)</td>
<td>Open Mike 5 - 5:45 p.m.</td>
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<td>Bingo 5:30—6 p.m.</td>
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</tr>
<tr>
<td>MSUD Student/ Faculty Recital @ King Center 1:45 to 3 pm</td>
<td>Coffee Club @ Bardo’s 5:30—6 p.m.</td>
<td>Ice Cream Social 5:30—6 p.m.</td>
<td>Movie Time! 1 to 4:30 p.m.</td>
<td>Open Mike 5 - 5:45 p.m.</td>
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</tr>
<tr>
<td>Community Forum in Sally’s Café @ 1 p.m.</td>
<td></td>
<td></td>
<td>Bowling 3 - 5 p.m. (RG)</td>
<td>FAC (Friday Afternoon Club) Trip to Red Rocks 10 a.m. to 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Karaoke 5:15—6 p.m.</td>
<td></td>
<td>Bingo 5:30—6 p.m.</td>
<td>Lunchtime Acoustic Open Mike 11:45 a.m. - 12:30 p.m.</td>
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<td></td>
<td>Open Mike 5 - 5:45 p.m.</td>
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</table>

*Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.*
Munch Bunch

Weekly Sales for April

**Week 1**  Buy 1 Trail Mix  get 1 for Half Price!
**Week 2**  Buy 1 Vanilla Crème Cookies  get 1 for Half Price!
**Week 3**  Buy 1 Maruchan Chicken Soup Cup  get 1 for Half Price!
**Week 4**  Buy 1 Snickers Candy Bar  get 1 for Half Price!

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.

The dining room is reserved for program use.