On June 6 and 7, 2Succeed sent a small but mighty contingent of Mental Health Workers to Washington, DC for National Council Hill Day 2016. Among that group that traveled to our nation’s capital to advocate for mental health treatment funding and support was Peer Specialist, John Echtermeyer. He joined nearly 600 other advocates who met with hundreds of Members of Congress. and voiced their concerns for the need for more funding and support for mental health treatment and substance use treatment services.

John has worked for MHCD for 5 years. He is highly regarded by his peers, colleagues, and the MHCD community. When asked why he wanted to attend Hill Day 2016, he said, “I was there to represent and advocate for all those who receive treatment for a diagnosed mental illness. I was there as a person who receives services, I was there as a Peer Specialist, and I was there as a citizen of the United States.”

There were handful of bills discussed during the course of the two-day event that ranged from mental health first aid to increasing patient access to services. Senator Michael Bennet and Junior Senator, Cory Gardner were on hand to discuss the issues; Congresswoman, Diana DeGette was not able to attend. But there was one particular bill that had John’s keen interest: Mental Health in Schools Act (1588/H.R.1211) Connecting Students to Mental Health and Substance Use Disorder Services in Schools.

( - Continued on Page 22 - )
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!

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

2Succeed
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**

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

2. **Step 2:** Like the page

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

4. **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
Annual 2Succeed Picnic

Thursday August 11, 2016
Congress Park
800 Josephine St. Denver, CO 80206
10 a.m. - 4 p.m.

Activities include Swimming, Tennis, Volleyball, Drum Circle, Ice Cream Truck, Catered Lunch and Other Fun Activities.

Wear your sunscreen, favorite silly hat, and/or sunglasses.

Please see your education counselor if you need assistance with transportation to the picnic.

Directions to park will be available week of picnic.

2SUCCEED WILL BE CLOSED ALL DAY.
PLEASE JOIN US AT THE PARK!
Use myHealthPointe to:

**Manage Appointments**
- Ask for new appointments
- Request a time change for an appointment
- Get reminders about future appointments
- See the dates and times of past appointments

**Access Information About Visits**
- Lab Results
- Details about your visits
- Medications

**Connect with Resources**
- Connect with helpful resources at Mental Health Center of Denver, in your community, and online.

Look for Mental Health Center of Denver staff wearing green name tags to learn more, and to register for your own myHealthPointe account!
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 myHealthPointe 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 myHealthPointe. 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.
Mental Health First Aid
8-hour Course
Fall 2016
September 1st and 2nd, 2016  9 am -1 pm

REGISTRATION
To register, please email the information below to Kathy.Ehret@mhcdo.org. If you do not have access to email, call 303.504.1746 or mail this completed form to:
Mental Health Center of Denver
attn: Kathy Ehret
456 Bannock
Denver, CO  80204

Questions? Call Kathy Ehret at 303.504.1746

Name ____________________________________________
Phone number, if any ____________________________
E-mail address, if any ____________________________
Occupation and employer name, if any

Brief description of why you’re enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

Fill out this registration form and return to Kathy Ehret by email, mailbox, front desk or slipping it underneath her office door.
Sometimes, first aid isn’t a bandage, or CPR, or the Heimlich, or calling 911.

Sometimes, first aid is **YOU**!

**Fall 2016**
**September 1st and 2nd, 2016** 9am-1pm
**2Succeed 1st floor Conference Room**

Someone you know could be experiencing a mental illness or crisis. You can help them.
You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you. Take the course, save a life, strengthen your community.

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**Mental Health First Aid**
**2016**
**Kathy Ehret**
**303-504-1746**

**Free Training**
See back for registration and contact information.

This course brought to you by the Mental Health Center of Denver
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

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

Sassy Seat Chair Workout
 Wednesdays 10 - 10:30 a.m.
 Fridays 10 - 10:30 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
Zumba

Zumba is an exciting way to improve your health and wellbeing through the use of dancing to Latin music.

Come learn the four major Zumba dances step by step, new dance to learn every three months.

No need to signup, just bring you and your dancing shoes.

Instruction by Teresa Z.

When and Where: Wednesdays in the Library
Time: 11 a.m. – 11:45 a.m.
Mind, Body and Spirit

This month’s topics are:

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

**Week 2 - (Tuesday, August 9)** Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

**Week 3 - (Tuesday, August 16)** Speaker, Beth Kahmann, will talk about her
story of being a “Traumatic Brain Injury Survivor”.
(1:30 to 3 p.m. in Sally’s Café)

**Week 4 - (Tuesday, August 23)** “Speaker, Granddaughter Crow, will talk about
Native American Animal Wisdom.
(1:30 to 3 p.m. in Sally’s Café)

**Week 5 - (Tuesday, August 30)** “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)
Four Agreements Class
Six-week Class Begins Monday, September 12th and will run through Monday, October 17th
Held at 2 pm in Room 231

Participant will need to have the first chapter read for the first day of class. See Carrie Solano about the book.

Facilitated by Jeff Zinn, who has spoken about this book at 2Succeed previously for the Mind, Body and Spirit Workshops.

Based on ancient Toltec wisdom, The Four Agreements offer guidance to transform our lives to a new experience of freedom, true happiness, and love.
Art Class: Learning to Paint

Fridays from 2:00-4:00pm, Art Studio

In this class, we will learn how to mix colors and also learn basic painting tips and techniques using acrylic paint. Learn how to plan and begin a painting, how to properly mix paint with water to achieve effects, and how to create light and shadow in color.
Art Class: Drawing and Shading Basics

Wednesdays from 2:00-4:00pm, Art Studio

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 graphite pencils. 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.
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.
  ♦ For the software classes we are looking for our students to have keyboard skills and type at least 25+ NWPM (net words per minute—total after errors).

☐ (Step 3) Software classes offered throughout the year at 2Succeed include:
  ♦ Microsoft Word 2010 Basics
  ♦ Microsoft PowerPoint 2010 Basics
  ♦ Microsoft Publisher 2010 Basics
  ♦ Microsoft Excel 2010 Basics

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 Excel 2010 Basics
Enrollment Announcement

Approximate Start Date
Tuesday, October 11, 2016

Class days / times are Tuesday and Friday
10 a.m. to 12 noon (15 minute break during class)
Class runs for about 12-14 weeks

Prerequisite - Completion of Microsoft Word class.

Enrollment Required - This class teaches how to create, save, edit and print basic spreadsheets. Excel is a needed skill for higher education and employment.

Watch future issues of the 2Succeed Connection to see what classes are coming up and when enrollment for those classes are scheduled.
Contact David McDonald at 303-504-1771 for more information.

Microsoft Word 2010 for Non-Typists
Enrollment Announcement

Approximate Start Date
Tuesday, September 27, 2016

Class days / times: are Tuesday and Friday
2 p.m. to 4 p.m. (15 minute break during class)
Class runs for about 8 weeks.

Prerequisite - Completion of Computer Orientation and the Computer Basic Skills Class.

Enrollment Required - This class teaches how to create, save and print basic documents, letters and flyers.

Watch future issues of the 2Succeed Connection to see what classes are coming up and when enrollment for those classes are scheduled.
Contact David McDonald at 303-504-1771 for more information.
Actor’s Cove Class
Meets Tuesdays at 3:00 p.m.
Room 247
Please see Mary Sharp for more details

Community Forum will meet Thursday at
11:00 a.m.
Please come share in the Community Forum

Dual Recovery Anonymous
Meets on
Tuesdays and Fridays
11 a.m. to 12 noon
Conference Room 126
Thursdays
11 a.m. to 12 noon
Room 115
456 Bannock Street

LEARN HOW TO
$$BUDGET$$
MONEY MATTER$ Classes
Sharpen Up Your Budgeting Skills
With
MARY $HARP
Sally’s Café
Mondays
3:30 to 4:15 p.m.
SALLY’S CAFÉ CULINARY TRAINING PROGRAM

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

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

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

For further information, please attend a Culinary Program Orientation held every Wednesday 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.

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 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!

Sean Thomas, 
Vocational Project Coordinator
HILL DAY 2016  (CONTINUED FROM PAGE 1)

This bill was introduced in 2015 by Senator Al Franken (D-MN) and Representatives Grace Napolitano (D-CA) Chris Gibson (R-NY) and Paul Tonko (D-NY). The bill was recently re-introduce as the Mental Health in Schools Act (S. 1588/H.R. 1211). The bill’s purpose is to advocate for continued support and funding for evidenced-based youth-focused programs in our schools.

John explained that when he was an adolescent struggling in school, he could have benefitted from mental health services in his high school.

‘If there had been mental health services in my high school, I could have worked on things, he said. I would have known that I had a mental health issue. I was hearing voices, and I didn’t know what to do.”

John met with members of Congresswoman, Diana DeGette’s political team and discussed the bill. He left the experience confident that DeGette’s team was working hard to pass laws that will benefit mental health funding and support.

John waxed enthusiastically about the experience of the event. He enjoyed seeing the political process up close and personal, and he also enjoyed the travel and education, but John’s favorite memory and experience involved the team he traveled with to Washington, DC.

“I marveled at watching our MHCD leaders and co-workers in action, advocating for mental health issues, he said. It made me very proud to be a member of MHCD.”

Thank you, John, for all you do!

By Raymond Sedillo, BS, MNT, CPRP
Vocational Counselor II, 2Succeed in Education

VIMR Group

What’s your definition of hope? Do you know where your life is going? Are you wondering how to get through the stressors of life? If you answered yes to 1 or all of these questions, we have a group that can help you? Please call to enroll for one of the sessions available.

Session 1
Starting Monday, September 12th and Wednesday, September 14th
1 to 2 p.m. in Room 115  (Call Rosey Glover at extension 1731)

Session 2
Starting Tuesday, September 13th and Friday, September 16th
1 to 2 p.m. in Room 126  (Call Marbella Bolivar at extension 1724)
### 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 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 / Discussion
  
  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**  Reading Skills
  
  This class helps individuals to gain new or improved reading skills through self-paced lessons and activities..

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

- **GEN 108**  Life Skills
  
  Improve 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 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 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 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 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 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.**
Succeed Classes by Category

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

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

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

**Supported Education (SE)**

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

**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 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.
**2Succeed Classes by Category**

- **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.

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

- **WLS 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 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 a introspective way of being.
# 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 132</strong> High School Equivalency-Writing</td>
<td>Room 231</td>
<td>9 a.m. - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<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>WLS 109</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<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>
</tr>
<tr>
<td><strong>GEN 202</strong> Trigonometry</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</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>
</tr>
<tr>
<td><strong>GEN 201</strong> Intro to Statistics</td>
<td>Room 115</td>
<td>1—2 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>WLS 123</strong> Christian Fellowship Club</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m. 1st and 3rd Monday</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td><strong>WLS 113</strong> Diabetes Workshop</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m. 2nd and 4th Monday</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td><strong>WLS 133</strong> Knit, Crochet and Needlework</td>
<td>First Floor Library</td>
<td>1 - 3 p.m.</td>
<td>Marolyn / Participants</td>
</tr>
<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>
</tr>
<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>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>GEN 106</strong> Vocabulary</td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<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>
</tr>
<tr>
<td><strong>MUS 110</strong> Piano and Guitar Lab</td>
<td>Orientation 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 - 6 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
# 2SUCCEED CLASS SCHEDULE

## Tuesday

<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>GEN 135</strong> High School Equivalency-Grammar</td>
<td>Room 231</td>
<td>9 - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<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>CPS 113</strong> Microsoft Publisher 2010</td>
<td>Computer Room 114</td>
<td>10 a.m.- 12 noon</td>
<td>Enrollment is closed</td>
</tr>
<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>Room 115</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</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 50</strong> Fitness Room Orientation</td>
<td>Fitness Room 243</td>
<td>11 - 12 noon or by appointment</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td><strong>CUL 102</strong> ServSafe Training</td>
<td>Room 231</td>
<td>1-1:55 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>GEN 114</strong> Literature 101</td>
<td>Room 231</td>
<td>2 - 3 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>CPS 100</strong> Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m. Need to be enrolled</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>WLS 110</strong> Mind, Body and Spirit</td>
<td>Wellness Room 244 / Sally's Café</td>
<td>2 - 3 p.m. (1:30 - 3 p.m. Speaker)</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td><strong>WLS 132</strong> Baby Boomers and Beyond</td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>MUS 110</strong> Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>3:30 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS 107</strong> 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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</table>

## Wednesday

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>GEN 132</strong> High School Equivalency-Writing</td>
<td>Room 231</td>
<td>9 a.m. - 10:30 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS 119</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
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</table>
## 2SUCCEED CLASS SCHEDULE

### Wednesday (continued)

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
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<th>Instructor / Facilitator</th>
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<tbody>
<tr>
<td><strong>WLS 104</strong></td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</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>
</tr>
<tr>
<td>Basic Computer Skills</td>
<td></td>
<td><strong>Need to be enrolled</strong></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>
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<tr>
<td><strong>WLS 112</strong></td>
<td>Baker Neighborhood Meet at reception</td>
<td>1 - 1:30 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Walking</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>
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</tr>
<tr>
<td><strong>CUL 103</strong></td>
<td>Sally's Café</td>
<td>1 - 1:30 p.m.</td>
<td>Michele Rosebrook</td>
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<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>
</tr>
<tr>
<td>Culinary Meeting</td>
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<td><strong>Need to be enrolled</strong></td>
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</tr>
<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>
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<tr>
<td><strong>WLS 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>Raymond Sedillo</td>
</tr>
<tr>
<td>Acoustic Guitar Jam Circle</td>
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<tr>
<td><strong>GEN 104</strong></td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading</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>
</tr>
<tr>
<td>Computer Orientation</td>
<td></td>
<td><strong>By appointment, only</strong></td>
<td></td>
</tr>
<tr>
<td><strong>WLS 116</strong></td>
<td>University Hills</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
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<tr>
<td><strong>CPS 90</strong></td>
<td>First Floor</td>
<td>3 - 4 p.m.</td>
<td>Phillip/Participants</td>
</tr>
<tr>
<td>Computer Club</td>
<td>Library</td>
<td></td>
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</tr>
<tr>
<td><strong>MUS 104</strong></td>
<td>Sally’s Café</td>
<td>3 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Sound Connection</td>
<td>Dining Room</td>
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<tr>
<td><strong>GEN 116</strong></td>
<td>Room 231</td>
<td>3:15 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Poetry</td>
<td></td>
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<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td><strong>Thursday</strong></td>
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</tr>
<tr>
<td><strong>GEN 104 Reading</strong></td>
<td>Room 115</td>
<td>9 - 10:30 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>WLS 119 Open Art Studio</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>MUS 108 Music Literacy</strong></td>
<td>Conference Room 126</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 135 High School Equivalency</strong></td>
<td>Room 231</td>
<td>11 a.m. - 12 noon</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS 114 Yoga</strong></td>
<td>First Floor Library</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>Dual Recovery Anonymous</strong></td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>CPS 100 Keyboard Skills</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>MUS 108 Music Literacy</strong></td>
<td>Room 247</td>
<td>2:30 - 3:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 128 Intender's Circle</strong></td>
<td>Conference Room 126</td>
<td>2:30 - 4 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN 128 GED Math</strong></td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>CUL 102 ServSafe Training</strong></td>
<td>Room 231</td>
<td>3—4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
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</tr>
<tr>
<td><strong>GEN 132 High School Equivalency/Writing</strong></td>
<td>Room 231</td>
<td>9 a.m. - 10:45 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>GEN 134 Leadership in Well-Being</strong></td>
<td>Munch Bunch Coffee Area</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS 208 Advanced Music Literacy</strong></td>
<td>Orientation Room 247</td>
<td>9:30 - 10:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 104 Sassy Seat</strong></td>
<td>Sally's Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN 202 Trigonometry</strong></td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td><strong>CPS 113</strong> Microsoft Publisher 2010 Basics</td>
<td>Computer Room 114</td>
<td>10 a.m.- 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>MUS 200</strong> Ear Training</td>
<td>Sally’s Café</td>
<td>10:30 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 105</strong> PRA Principles and Values: Know Your Membership Rights</td>
<td>Room 231</td>
<td>11 a.m. - 11:55 a.m.</td>
<td>Ray Sedillo</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 109</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>GEN 201</strong> Intro to Statistics</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>CPS 050 B</strong> Computer Orientation (Have some Skills)</td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>GEN 105</strong> Pre-Algebra</td>
<td>Room 115</td>
<td>1 - 2 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>WLS 135</strong> Nutrition 101</td>
<td>Room 231</td>
<td>1-2 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>MUS 110</strong> Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>1 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 111</strong> Wellness Friday</td>
<td>First Floor Library</td>
<td>1 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>WLS 121</strong> Gratitude in Recovery</td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>GEN 122</strong> Creative Writing—The Short Story</td>
<td>Room 231</td>
<td>2:30 - 3:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>CPS 90</strong> Computer Club</td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td>Phillip/Participants</td>
</tr>
<tr>
<td><strong>MUS 109</strong> Drum Circle</td>
<td>Sally’s Café</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
Every Monday - New Postings are up!

To put in your request for tickets, you will find the Ticket Request Form at the ArtReach Bulletin Board. Be sure to fill out the ENTIRE form and place it in the black box at the ArtReach Board! You will get a call informing you if you were approved or denied for the ticket request.

*ArtReach has many Donors, the tickets can include*

Denver Zoo
Museum of Nature & Science
Gates Planetarium
Symphonies
Orchestras
Ballets
Plays
Sporting events
Wings over the Rockies Space Museum
Stock Show/Rodeo and Many More

Please remember tickets are not guaranteed!

(Only 2 requests per week)

Contact: Lucrecia For more information 303-504-1742
# Plans for August 2016

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td></td>
<td><strong>Annual 2Succeed Picnic</strong></td>
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<td>14</td>
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<td><strong>2Succeed closes at 12:30 p.m. today.</strong></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, August 6
☆ Saturday, September 3
☆ Saturday, October 1
☆ Saturday, November 5

Denver Botanic Gardens
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Wednesday, September 14
☆ Friday, November 11 ((Winter Gift Market)

Denver Botanic Gardens at Chatfield
(303-973-3705)
8500 Deer Creek Canyon Road, Littleton
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Tuesday, August 2
☆ Tuesday, November 1

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
☆ Monday, August 29
☆ Sunday, September 11
☆ Monday, October 24
☆ Sunday, November 13
☆ Monday, December 12

Denver Zoo
(303-376-4800)
2300 Steele Street, Denver
November to March (9 a.m. to 5 p.m.)
April to October (10 a.m. to 4 p.m.)
www.denverzoo.org
☆ Friday, November 4
☆ Monday, November 7
☆ Thursday, 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!
# 2Succeed Social Activities - August 2016

<table>
<thead>
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<th>Monday</th>
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<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>Coffee Club @ Starbucks 5 - 6 p.m. (CS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE)</td>
<td>Olympic Day (Dress to support your favorite team) Community Forum Sally’s Café @ 11 a.m. Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Music Trivia 5 -6 p.m. (CE)</td>
<td>Friday Afternoon Club Swim at Congress Park 1 to 4 p.m. (KE) Performance Night 5 - 5:45 p.m.</td>
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<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>Coffee Club @ Starbucks 5 - 6 p.m. (CS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE)</td>
<td>2Succeed Annual Picnic Congress Park 10 a.m. to 4 p.m. See Page 5 for more details.</td>
<td>Friday Afternoon Club Reservoir Picnic 10-4 p.m. (KE/SS) Bingo 5 :15– 6 p.m. (MM)</td>
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<td>Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>Coffee Club @ Rooster Club 5 - 6 p.m. (RG)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE)</td>
<td>Community Forum Sally’s Café @ 11 a.m. Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Pop Trivia 5 -6 p.m. (KRE)</td>
<td>The 2Succeed Program Closes @ 12 noon Today. Early Lunch @ 11 a.m. Due to MHCD Staff Event</td>
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<td>MSUD Student/ Faculty Recital @ King Center 1:30 to 3 pm</td>
<td>Coffee Club @ Dazbog 5 - 6 p.m. (MS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE)</td>
<td>Community Forum Sally’s Café @ 11 a.m. Bowling 3 - 5 p.m. (RG) Olympic Trivia 5 -6 p.m. (RG)</td>
<td>Friday Afternoon Club Evergreen Fishing Trip 1 - 4 pm (RG) Bingo 5:15– 6 p.m. (MM)</td>
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<td>No Classes Today Due to Education Staff Planning Day</td>
<td>Coffee Club @ Starbucks 5 - 6 p.m. (CS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE)</td>
<td>September 2016 Community Forum Sally’s Café @ 11 a.m. Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Mystery Trivia 5 -6 p.m. (MM)</td>
<td>Friday Afternoon Club Tennis 10-4 p.m. (RG) Performance Night 5 - 5:45 p.m.</td>
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*Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.*
Munch Bunch
Weekly Sales for August

Week 1  Buy 1 Bottled Water  get 1 for Half Price!
Week 2  Buy 1 Planter’s Peanuts  get 1 for Half Price!
Week 3  Buy 1 Trail Mix  get 1 for Half Price!
Week 4  Buy 1 Pack of Wrigley’s Gum  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.