EMPLOYMENT SUCCESS SPOTLIGHT - GEORGIA DYAS

Georgia Dyas is a bright light and brings a smile to everyone she meets. Georgia has shared her many talents and strengths in her work as a Personal Care Provider. Georgia has worked for Devine Dedication since 1999 and she has worked for Loving Care since 2015. At Devine Dedication Georgia works with each client in their own residence and at Loving Care all the residents live in the same home. She would prefer to have one client to support at a time, unfortunately that is not enough hours and why she decided to work two jobs. Georgia however loves the work she does and happy to work. Georgia said, “I work because I love working with elderly people and providing special care that makes them feel good about themselves”. Georgia discussed how she has fixed her clients hair, put on makeup and helped them to dress up because it makes them feel good and smile. Georgia talked about how much she likes to make her clients laugh, listens to them and provides that extra care to help them know how special they are to her. Georgia pointed out that it has not always been easy with every client. She had worked with one gentleman who was pretty tough and he was not pleasant to providers. Georgia noted that she would do a little extra for him every time they met. He really liked her cooking, so she would always fix him ( - Continued on Page 9 - )
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 as a bridge to the greater community, offering opportunities for individuals to participate in educational, social, physical, and spiritual pursuits. We encourage growth to assist individuals in pursuing their goals and to perceive themselves as the people they are beyond their experience of illness.

Link2Succeed

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

Studio 2Succeed

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

Culinary Arts Program

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

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.

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
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
Mental Health Center of Denver

For Easy & Secure Access to Your Health Information
Visit Us Online at: mhcd.org/MyHealthPointe

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.
Martina Milan, Peer Mentor, shares her reasons:

“Why Seek Peer Services?”

- A friendly face who provides companionship, hope & encouragement.
- Someone to talk to who has been on their own recovery path and shares similar experiences.
- Helps you identify your strengths, values & live goals.
- For more information, call Gary Fair, Program Mgr. @ 303-504-1773
extra food. Georgia won him over and she was the only one who could make him happy. His family brought her a card and a bouquet of flowers when he passed away and let her know what a difference she had made in his life. Georgia has worked over the last year with Cheryl Sisco from 2Succeed. They are a great pair because they are both so upbeat and laugh a lot too! Cheryl noted that Georgia has an extraordinary gift in providing care for people. Cheryl pointed out that Georgia has a great deal of resilience that helps her through difficult parts of her life. Georgia said that Cheryl was “just beautiful” to her and helps her with her schedule.

Georgia noted, “I have been through a lot and always able to bounce back. I thank God and thank God for the people who are close to me. My Daughter, my family, church and Cheryl, all have been blessings, always supporting me.” Georgia went on to talk about Cheryl and 2Succeed; “Mental health workers did not really understand what help I needed, until I went to 2Succeed”. She also said that employment, being self-sufficient and able to give back has assisted her greatly in her life, recovery and wellbeing.

Georgia has a strong belief in God and has lots of supports from her church. Georgia discussed that her life used to be quite different and she was addicted to drugs. She said that she took a big turn in her life and realized that she needed to change. Georgia reached out to others for help and advocated for herself. She was supported by her family and church. Georgia has now come to understand how she used drugs when bad things happened. Recently she was forced to move from her apartment and she was not sure where she would find a place she could afford. Georgia never thought about using and found a new home, an even better home than her old apartment.

Georgia noted that at times it has been difficult to believe how much her life has changed. She said the best part of her life was being a grandmother, watching movies and having slumber parties with her grandchildren. Georgia once again noted how much her daughter has helped and how grateful she is for her life. I am grateful for Georgia and her story. Thank you Georgia for sharing your inspirational story and thank you for being you!

If you are interested in finding employment please attend an orientation or make an appointment with Gabe Sandoval or Melanie Ritter by calling the main number 303.504.1700.

If you would like additional information please contact Linda Miller at the same number.
**Nutrition 101**

Fridays at 1 - 2 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 Sediolo.

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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 2Succeed**

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

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

When: Fridays from 1 to 4 pm
Location: First Floor Library
Contact: Meredith Mills
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 Fitness Room/Weight Room be sure to wear warm-ups, loose fitting pants and top or shorts appropriate for movement. Also, be sure to wear your sneakers.

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

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

Sassy Seat Chair Workout

Wednesdays 10 - 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

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
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
July 12th & July 26th
August 9th & August 23rd
September 13th & September 27th
Come and join the fun!

Eagle Eye Photography Club
Meeting every Monday from 2 - 3 P.M.
In Orientation Room 247
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

**July**
Coping with Grief / Loss

**August**
Resources / How to ask for help!

**September**
Citizenship / Denver Laws / Ordinances

**Dual Recovery Anonymous**
Meets on Tuesdays and Fridays
11 a.m. to 12 noon
Conference Room 126

**Thurdays**
11 a.m. to 12 noon
Room 115
456 Bannock Street
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, July 5) “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

Week 2 - (Tuesday, July 12) Spiritual Cinema—”Awake in the Dream” (movie).
(1:00 to 3:30 p.m. in Sally’s Café)

Week 3 - (Tuesday, July 19) Speaker, Jeff Zinn, will talk about the book, “4 Agreements.”
(1:30 to 3 p.m. in Sally’s Café)

Week 4 - (Tuesday, July 26) “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)
Mindful Yoga

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

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

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

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

Hawaiian Culture Day!!
Thursday, July 7th

- Wear your favorite Hawaiian shirt and we will award a 1st prize, 2nd prize and 3rd prize during lunch.
- We will have some Pacific Islander food for lunch and learn a bit about Hawaiian Culture.
Jewelry Making Classes

Taught by our very own super-talented artist, Samona!
Come to the art studio and learn how to make beautiful bead and wire wrapped earrings or charm bracelets. Class space will be limited, so you must sign up to attend.

Earring Making classes:
July 8th or August 5th, 1:00-3:00pm

Bracelet Making classes:
July 22nd or August 26th, 1:00-3:00pm
Bead Critters
Craft Class

Thursdays
from
1 to 2:30 p.m.
Room 247

Come and have some fun
being creative with Tim!!
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

   Check out the class schedule to see when classes are offered. (Pages 27-32)
   - Students need to enroll **before** class start date
   - Once a class has started enrollment is closed.

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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 Excel 2010 Basics

Enrollment Announcement

Approximate Start Date
Tuesday, August 30, 2016

Class days / times are Tuesday and Friday
2 p.m. to 4 p.m. (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.

Contact David McDonald at 303-504-1771 for more information.

Microsoft Word 2010 for Non-Typists

Approximate Start Date
Tuesday, September 13, 2016

Class days / times: are Tuesday and Friday
10 a.m. to 12 noon (15 minute break during class)
Class runs for about 8 weeks.

Prerequisite - Completion of Computer Orientation and Computer Basic Skills.

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

Watch future issues of the 2Succeed Connection Newsletter 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.
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
### 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 106  Vocabulary**

**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 114 Literature 101**

- **GEN 116 Poetry**

- **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 122 Creative Writing**

- **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 High School Equivalency Writing**

- **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 135 High School Equivalency Grammar**

- **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!
2Succeed Classes by Category

- **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 50 Fitness Room Orientation**

- **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 103 Fitness Room Workout**

- **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.
<table>
<thead>
<tr>
<th>WLS 109 Meditation</th>
<th>WLS 116 YMCA Workout</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WLS 110 Mind, Body, Spirit</th>
<th>WLS 119 Open Art Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WLS 111 Wellness Friday</th>
<th>WLS 121 Gratitude and Well-Being</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Gratitude and Well-Being class focuses on being positive, which brings us into Well-Being through sharing and journaling our thoughts.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WLS 112 Walking Class</th>
<th>WLS 126 Knit, Crochet and Needle Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WLS 113 Diabetes Workshop</th>
<th>WLS 128 Intender’s Circle</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>
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.

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**2SUCCEED CLASS SCHEDULE**

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>GEN 132  High School Equivalency-Writing</td>
<td>Room 231</td>
<td>9 a.m. - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<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>WLS 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>GEN 202  Trigonometry</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</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>
</tbody>
</table>
## 2SUCCEED Class Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong> (continued)</td>
<td></td>
<td></td>
<td></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.</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.</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 102</strong> Music Tutoring</td>
<td>Room 247</td>
<td>3:15–4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS 114</strong> Psychology of Music</td>
<td>Room 247</td>
<td>5 –5:50 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
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</tr>
<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>David McDonald</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>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
</tr>
<tr>
<td>-----------------------------------------</td>
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</tr>
<tr>
<td><strong>Tuesday (continued)</strong></td>
<td></td>
<td></td>
<td></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>WLS 50</td>
<td>Fitness Room 243</td>
<td>11 - 12 noon or by appointment</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>CUL 102</td>
<td>Room</td>
<td>1 - 1:55 p.m.</td>
<td>Michele Rosebrook /</td>
</tr>
<tr>
<td>GEN 114</td>
<td>Room 231</td>
<td>2 - 3 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>CPS 100</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m. Need to be enrolled</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>WLS 110</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>WLS 116</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>CPS 108</td>
<td>Computer Room 114</td>
<td>2 - 4 p.m. Enrollment is closed</td>
<td>David McDonald</td>
</tr>
<tr>
<td>WLS 132</td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>MUS 110</td>
<td>Orientation Room 247</td>
<td>3:30 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>MUS 107</td>
<td>Sally’s Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GEN 132</td>
<td>Room 231</td>
<td>9 a.m. - 10:30 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>WLS 138</td>
<td>Munch Bunch Coffee Area</td>
<td>9 - 10 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>WLS 119</td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS 104</td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>CPS 103</td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m. 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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday (continued)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SE 102</strong> Math for the College Bound</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>WLS 112</strong> Walking</td>
<td>Baker Neighborhood Meet at reception</td>
<td>1 - 1:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>CPS 100</strong> Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>CUL 103</strong> Culinary Orientation</td>
<td>Sally’s Café</td>
<td>1 - 1:30 p.m.</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td><strong>CUL 104</strong> Culinary Meeting</td>
<td>Sally’s Café</td>
<td>1:30 to 2 p.m.</td>
<td>Michele Rosebrook</td>
</tr>
<tr>
<td><strong>GEN 108</strong> Life Skills</td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>WLS 109</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>MUS 106</strong> Acoustic Guitar Jam Circle</td>
<td>Sally’s Café</td>
<td>2:15 - 3 p.m.</td>
<td>Raymond Sedillo</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>CPS 050 A</strong> Computer Orientation (Beginner Level)</td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>By appointment, only</td>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>University Hills</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</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 104</strong> Sound Connection</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 116</strong> Poetry</td>
<td>Room 231</td>
<td>3:15 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>Room 115</td>
<td>9 - 10:30 a.m.</td>
<td>Meredith Mills</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>MUS 108</strong> Music Literacy</td>
<td>Conference Room 126</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
### 2SUCCEED CLASS SCHEDULE

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<tbody>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
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</tr>
<tr>
<td>High School Equivalency-</td>
<td></td>
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<tr>
<td>Grammar (cont.)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>GEN 135</td>
<td>Room 231</td>
<td>11 a.m. - 12 noon</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>WLS 114</td>
<td>First Floor Library</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>MUS 113</td>
<td>Sally’s Café Dining Room</td>
<td>11:30 a.m. - 12 noon</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Community Choir</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPS 100</td>
<td>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>MUS 108</td>
<td>Room 231</td>
<td>2:30 - 3:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>WLS 128</td>
<td>Conference Room 126</td>
<td>2:30 - 4 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Intender’s Circle</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>GEN 128</td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>GED Math</td>
<td></td>
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</tr>
<tr>
<td>CUL 102</td>
<td>Room 231</td>
<td>1-1:55 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>ServSafe Training</td>
<td></td>
<td><strong>Must be enrolled</strong></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>High School Equivalency/</td>
<td>Room 231</td>
<td>9 a.m. - 10:45 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Writing</td>
<td></td>
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</tr>
<tr>
<td>GEN 132</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>
<td></td>
<td></td>
</tr>
<tr>
<td>MUS 208</td>
<td>Orientation Room 247</td>
<td>9:30 - 10:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>WLS 104</td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GEN 202</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Trigonometry</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>CPS 113</td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Publisher 2010</td>
<td></td>
<td><strong>Enrollment is closed</strong></td>
<td></td>
</tr>
<tr>
<td>MUS 200</td>
<td>Sally’s Café</td>
<td>10:30 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
### Friday (continued)

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>Room 115</td>
<td>10 - 12 noon</td>
<td>Meredith Mills</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>CPS 108</strong> Microsoft PowerPoint 2010 Basics</td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td><strong>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>
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### Plans for July 2016

<table>
<thead>
<tr>
<th>Sunday</th>
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*HAPPY 4th OF JULY!*
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, July 2  
☆ 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  
☆ Tuesday, July 26  
☆ 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, July 12  
☆ 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 - July 2016

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<th>Monday</th>
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<tr>
<td>27</td>
<td>28</td>
<td>29 Community Drum Circle Auraria Campus</td>
<td>30 Community Forum</td>
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</tr>
<tr>
<td>Open Mike / Karaoke</td>
<td>Coffee Club</td>
<td>10 a.m. (CE)</td>
<td>Community Forum Sally’s Café @ 11 a.m.</td>
<td>Friday Afternoon Club</td>
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<tr>
<td>4:45—5:45 p.m.</td>
<td>@ Starbucks</td>
<td>Ice Cream Social @ Yogurtland 5 - 6 p.m. (MM)</td>
<td>Bowling 3 - 5 p.m. (RG)</td>
<td>Swim at Congress Park 1 to 4 p.m. (KE/KRE)</td>
</tr>
<tr>
<td>4th of July</td>
<td>5</td>
<td>Community Drum Circle Auraria Campus</td>
<td>Bingo 5 -6 p.m. (MM)</td>
<td>Performance Night / Bingo</td>
</tr>
<tr>
<td>2Succeed Holiday Hours</td>
<td>Coffee Club</td>
<td>10 a.m. (CE)</td>
<td>Community Forum Sally’s Café @ 11 a.m.</td>
<td>5 - 5:45 p.m. (MM)</td>
</tr>
<tr>
<td>9 a.m. to 3 p.m.</td>
<td>@ Java Hut</td>
<td>Water Garden / Ice Cream Social @ Java Hut</td>
<td>Hawaiian Day Community Forum Sally’s Café</td>
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<tr>
<td>⇒ July 4th Trivia</td>
<td>5</td>
<td>5 - 6 p.m. (RG)</td>
<td>@ 11 a.m.</td>
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<tr>
<td>⇒ Arts and Crafts</td>
<td>6</td>
<td>Ice Cream Social @ Sweet Action 5 - 6 p.m.</td>
<td>Movie Time! 1 to 4 p.m. (MM)</td>
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<tr>
<td>⇒ Board Games</td>
<td>13</td>
<td>(RG)</td>
<td>Bowling 3 - 5 p.m. (RG)</td>
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<td>11</td>
<td>12</td>
<td>Community Drum Circle Auraria Campus</td>
<td>Music Trivia 5 -6 p.m. (CE)</td>
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<tr>
<td>Open Mike / Karaoke</td>
<td>Coffee Club</td>
<td>10 a.m. (CE)</td>
<td>Community Forum</td>
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<tr>
<td>4:45—5:45 p.m.</td>
<td>@ Starbucks</td>
<td>Ice Cream Social @ McDonald’s 5 - 6 p.m.</td>
<td>Sally’s Café</td>
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<td>18</td>
<td>19</td>
<td>Community Drum Circle Auraria Campus</td>
<td>Bowing</td>
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<td>Open Mike / Karaoke</td>
<td>Coffee Club</td>
<td>10 a.m. (CE)</td>
<td>3 - 5 p.m. (RG)</td>
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<td>4:45—5:45 p.m.</td>
<td>@ Starbucks</td>
<td>Ice Cream Social @ Sweet Action 5 - 6 p.m.</td>
<td>Bingo</td>
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<tr>
<td>25</td>
<td>26</td>
<td>Community Drum Circle Auraria Campus</td>
<td>Pop Culture Trivia 5 -6 p.m. (KRE)</td>
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<tr>
<td>Open Mike / Karaoke</td>
<td>Coffee Club</td>
<td>10 a.m. (CE)</td>
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<tr>
<td>4:45—5:45 p.m.</td>
<td>@ Dazbog</td>
<td>Ice Cream Social @ McDonald’s 5 - 6 p.m.</td>
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<tr>
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<tr>
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<td>Community Forum</td>
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<td>Ice Cream Social @ Sweet Action 5 - 6 p.m.</td>
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<td>Open Mike / Karaoke</td>
<td>Community Forum</td>
<td>10 a.m. (CE)</td>
<td>Sports Trivia 5 -6 p.m. (RG)</td>
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<tr>
<td>4:45—5:45 p.m.</td>
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<td>Ice Cream Social @ Sweet Action 5 - 6 p.m.</td>
<td>Performance Night</td>
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<td>(MM)</td>
<td>Bingo</td>
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| Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
Open Hours

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

Munch Bunch

Weekly Sales for July

Week 1  Buy 1 Skittles get 1 FREE!
Week 2  Buy 3 Pearson’s Mints get 3 Free!
Week 3  Buy 1 Grandma’s Choc. Chip Cookie get 1 FREE!
Week 4  Buy 1 Ice Cream Sandwich get the next 1 for 35 Cents!