Peer Specialist, Rochelle Rogan, who works the 12 to 9 pm shift at the all-women Second Street Addiction Treatment Center brings many years of mentoring experience and various talents and gifts to the table in her position with MHCD.

For example, the California native is a former Peer Resource Navigator for Volunteers of America and knows how to hook up individuals with community resources they might need.

Plus she has been involved in teaching holistic wellness for many years from wellness coaching to massage therapy.

Also, she has served on the Board of Directors for the Prince of Peace Church for the Brethren in Littleton, Colorado.

In addition, she was a stellar student at both Long Beach City College and the University of Colorado where she studied Psychology and Religion.

And she is currently in training for the Certified Addiction Counselor One Credential (CAC).

But one of the most important gifts that Rochelle shares with individuals who stay at the 90 day rehab center located at 200 South Sherman St. Denver, CO is her passion and talent for music.

( - Continued on Page 18 - )
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
456 Bannock St.
Denver, CO 80204
303-504-1700

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

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

Link2Succeed

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

Studio 2Succeed

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

Culinary Arts Program

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

Sound Connection

Members have the ability to participate in a variety of music classes and groups to enhance their skills and practice for in house and community based performances. Sound Connection is our community performance group, open to all abilities, styles and experience levels for fellowship in their artistry. We offer several music education classes including music literacy, piano, guitar, and drum circles. We provide members with an environment that promotes their own musical expression.
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@mhcp.org
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.
Community Forum meets
Thursdays at 11 a.m. in
Sally’s Cafe
Please come and join the discussion!

Eagle Eye
Photography Club

Meeting every Monday
From 2 - 3 p.m.
In Orientation Room 247
Money Matters

Learn How to Budget $$$
Sharpen up your Budgeting Skills
with Mary Sharp

Mondays
3:30 to 4:15 pm
Sally’s Café

Actor’s Cove Class
Meets Tuesdays at 3:00 p.m.
Room 247
Please see Mary Sharp for more details

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

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
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 27-31)
♦ Students need to enroll before class start date
♦ Once a class has started enrollment is closed.

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

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

New Approximate Start Date
Tuesday, October 25, 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

New Approximate Start Date
Tuesday, October 18, 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.
Mind, Body and Spirit

This month's topics are:

**Week 1 - (Tuesday, September 6)**  “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)

**Week 2 - (Tuesday, September 13)**  Speaker / Herbalist, Julie Andaverde,
will talk about the use and benefits of Herbs.
(1:30 to 3 p.m. in Sally’s Café)

**Week 3 - (Tuesday, September 20)**  Spiritual Cinema—”Take Me Home.”
(1:30 to 3:30 p.m. in Sally’s Café)

**Week 4 - (Tuesday, September 27)**  “Food for Talk” Cards.
(2 to 3 p.m. in Sally’s Café)
Life Skills

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

September
Citizenship / Denver Laws / Ordinances

October
Forgiveness (Concepts and Strategies)

November
Pay it Forward / Volunteer (How to do it!)

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.
The 2Succeed Garden is open for business and the produce we grow is free of charge to the people that we serve. Our groundbreaking this year was May 20th. We had our first harvest on Friday, August 5th. We will continue to schedule garden openings at 1pm to 2pm on Fridays throughout our growing season. Please stop by with a grocery bag to gather what you want. We will be featuring tomatoes, beets, carrots, zucchini, cucumbers, peppers, collard greens, sunflowers, ornamental corn, squash, and other vegetables. We are also growing herbs such as mint, parsley, and oregano. We have a number of recipes available for all of the items we grow. For those of you who don’t know our garden is at the corner of 4th Avenue and Galapago. If you would like to volunteer to water and/or weed this year please see Renee Bridge or Tony Kass. We have not added any pesticides to our plants and only organic compost is used to encourage growth. We also fertilize the plants with egg shells and coffee grounds to maximize yield and bolster plant health. Nutrition is an important part of well-being and our offerings may help you round out your healthy eating habits. We look forward to seeing you soon.

By Tony Kass and the Gardening Gang
Basic Spanish Class

Mondays and Fridays
1:00 to 2:00 pm
Sally’s Cafe
Starts September 12th and 14th
This class offers the basics of Spanish. Learn how to have a small conversation anywhere you go!!!
This class is closed once it has started.
For more information contact
Marbella Myers (Bolivar)
303-504-1724
YMCA Workout
Monday 2 pm
Tuesday 2 pm
Wednesday 2pm (University Hills)
Friday 2 pm

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

Sign Up In The Activity Book

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

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
303-304-1713
meredith.mills@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.
MASK MAKING

Wednesdays and Fridays from 2 to 4 p.m.

Come down to the art studio in September and create masks using a base of paper mache, masking tape and cardboard. Existing masks will be provided, as well as the opportunity to your own mask from scratch. Add paint, felt, feathers, glitter, leather, and any of the other materials available in the art studio.

The possibilities are endless! Let’s explore ideas, look at examples of masks from different cultures, come up with some interesting concepts together and then have fun creating masks (just in time for Halloween next month)!
COMPUTER MUSIC RECORDING CLASS

—Offered by Bill

September 12\textsuperscript{th}, 16\textsuperscript{th}, 19\textsuperscript{th}, and 23\textsuperscript{rd}
in the Downstairs Conference Room 126 from 2 - 4pm
She is a musician and singer who is trained in Classical, Opera, and Jazz and literally puts on a one-person show every Sunday at the Prince of Peace Church. She uses her knowledge of music to help herself and others cope with stress.

“I use music for coping skills for myself and the individuals to whom I serve,” she said. “It is soothing and good for the soul. Music has always been my passion, and I cannot imagine a world without it.”

Another aspect of Rochelle’s job at Second Street that pleases her is that she gets to work with individuals on a one-to-one basis. She feels that this individual time fosters trusting relationships that help with therapy.

“Over a 90 day period, I get to develop a therapeutic relationship with most of the ladies,” she said. “It is my reward to share with them my experiences to help them engage in their own recovery and find hope.”

After Rochelle earns her CAC credentials, she plans on pursuing the Psychiatric Rehabilitation Association’s CPRP Credential; a credential that should come easy to her since she already displays many of the CPRP cultural values like empathy, recovery, and hope.

“I really believe that we all have our strengths that we can use to help ourselves and others,” she said. “And I believe that if we share ourselves and stay positive only good things can happen.”

And Rochelle has a simple motto that spells out the values that guides her through her daily life. She says that these values can be found in the teachings in the Bible.

“I believe in treating the elderly, the young, and animals with kindness and love because they are helpless and trusting and need our love and respect.”

All this is music to the ears of all who are lucky enough to work with her.

Thank you, Rochelle Brogan, for all that you do!
Enrolled students in 2Succeed’s Culinary Program receive hands-on, team-oriented, industry-standard commercial kitchen training that includes the following:

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

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

For further information, please attend a **Culinary Program Orientation** held every **Wednesday afternoon at 1:00 p.m.** at Sally’s Café, 456 Bannock Street. Or contact the program administrators; Michele Rosebrook at (303)-504-1765 or Raymond Sedillo, at (303) 504 1772.

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

Join millions of foodservice professionals in taking the first step in a commitment to food safety. Classes are open to all 2Succeed Consumers.

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

For further details please contact 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 Thursdays from 8:30 a.m. to 11:30 a.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
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?

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

Starting Tuesday, September 13th and Friday, September 16th 1 to 2 p.m. in Room 126 (Call Marbella Bolivar at extension 1724)
## 2Succeed Classes by Category

### Computer Science (CPS)

- **CPS 050 A  Computer Orientation (Beginner Level)**
  
  To arrange for a computer account you need to attend this basic orientation which explains general procedures and expectations around the use of the computers and your account. This session is for beginners to the computer.

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

- **CPS 90  Computer Club**
  
  A time and place for computer enthusiasts to come together to share the latest applications, latest tech news, new gadgets, and video games. A network hub will be provided to network laptops together for networked game play, however, participants in the Computer Club must provide their own laptop accessories.

- **CPS 100  Keyboard Skills Training**
  
  Using the Typing Master software, students work through lessons and games for developing keyboarding skills. Also a good program for people who want to brush up their skills.

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

- **CPS 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 100  Beginning Spanish**

- **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.
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.

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.

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.
2 succeeded 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 an introspective way of being.
# 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>GEN 132</strong> High School Equivalency-Writing</td>
<td>Room</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 100</strong> Intro to Statistics</td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>GEN 100</strong> Beginning Spanish</td>
<td>Sally’s Café</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</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>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td><strong>GEN 135</strong></td>
<td>Room 231</td>
<td>9 - 11 a.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td>High School Equivalency-</td>
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<tr>
<td>Grammar</td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>CPS 113</strong></td>
<td>Computer Room</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Publisher 2010</td>
<td>Room 114</td>
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<tr>
<td><strong>GEN 104</strong></td>
<td>Room 115</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading</td>
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<tr>
<td>Dual Recovery Anonymous</td>
<td>Conference Room 126</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>WLS 50</strong></td>
<td>Fitness Room 243</td>
<td>11 - 12 noon or by appointment</td>
<td>Rosey Glover</td>
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<tr>
<td>Fitness Room Orientation</td>
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<tr>
<td><strong>CUL 102</strong></td>
<td>Room 231</td>
<td>1 - 1:55 p.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td>ServSafe Training</td>
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<tr>
<td><strong>GEN 114</strong></td>
<td>Room 231</td>
<td>2 - 3 p.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td>Literature 101</td>
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<tr>
<td><strong>CPS 100</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
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<tr>
<td>Keyboard Skills</td>
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<tr>
<td><strong>WLS 110</strong></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>Mind, Body and Spirit</td>
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<tr>
<td><strong>WLS 116</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
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<tr>
<td><strong>WLS 132</strong></td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Baby Boomers and Beyond</td>
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<tr>
<td><strong>MUS 110</strong></td>
<td>Orientation Room 247</td>
<td>3:30 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Piano and Guitar Lab</td>
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<tr>
<td><strong>MUS 107</strong></td>
<td>Sally's Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Mary Sharp</td>
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<tr>
<td>Actor’s Cove</td>
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<tr>
<td><strong>Wednesday</strong></td>
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</tr>
<tr>
<td><strong>GEN 132</strong></td>
<td>Room 231</td>
<td>9 a.m. - 10:30 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>High School Equivalency-Writing</td>
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<tr>
<td><strong>WLS 119</strong></td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td>Class</td>
<td>Location</td>
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<td>Instructor / Facilitator</td>
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<tr>
<td><strong>Wednesday (continued)</strong></td>
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<tr>
<td><strong>WLS 104</strong> Sassy Seat</td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>CPS 103</strong> Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>10:30 - 11:30 a.m. Need to be enrolled</td>
<td>Marbella Myers</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>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 100</strong> Beginning Spanish</td>
<td>Sally’s Café</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</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>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</td>
<td>Computer Room 210</td>
<td>2 - 4 p.m. By appointment, only</td>
<td>Steve Carter</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</td>
<td>3:15 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<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>
<td>GEN 104 Reading</td>
<td>Room 115</td>
<td>9 - 10:30 a.m.</td>
<td>Meredith Mills</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>MUS 108 Music Literacy</td>
<td>Conference Room 126</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>GEN 135 High School</td>
<td>Room 231</td>
<td>11 a.m. - 12 noon</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Equivalency</td>
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<tr>
<td>WLS 114 Yoga</td>
<td>First Floor Library</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td>CPS 100 Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>MUS 108 Music Literacy</td>
<td>Room 247</td>
<td>2:30 - 3:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>WLS 128 Intender’s Circle</td>
<td>Conference Room 126</td>
<td>2:30 - 4 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>GEN 128 GED Math</td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>CUL 102 ServSafe Training</td>
<td>Room 231</td>
<td>3–4 p.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td><strong>Friday</strong></td>
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</tr>
<tr>
<td>GEN 132 High School</td>
<td>Room 231</td>
<td>9 a.m. - 10:45 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Equivalency/Writing</td>
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<tr>
<td>GEN 134 Leadership in</td>
<td>Munch Bunch Coffee Area</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Well-Being</td>
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<tr>
<td>MUS 208 Advanced Music</td>
<td>Orientation Room 247</td>
<td>9:30 - 10:30 a.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Literacy</td>
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<tr>
<td>WLS 104 Sassy Seat</td>
<td>Sally’s Café</td>
<td>10 - 10:30 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>GEN 202 Trigonometry</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>CPS 113 Microsoft Publisher 2010 Basics</td>
<td>Computer Room 114</td>
<td>10 a.m. - 12 noon</td>
<td>David McDonald</td>
</tr>
</tbody>
</table>

**Enrollment is closed**
### 2SUCCEED CLASS SCHEDULE

#### Friday (continued)

<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>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> 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>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>WLS 135</strong> Nutrition 101</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>
<tr>
<td><strong>GEN 122</strong> Creative Writing—The Short Story</td>
<td>Room 231</td>
<td>3:30 - 4:30 p.m.</td>
<td>Raymond Sedillo</td>
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</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 September 2016

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td></td>
<td><strong>Labor Day</strong></td>
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<tr>
<td>2Succeed</td>
<td></td>
<td>Holiday Hours</td>
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<td>9 am to 3 pm</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, 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, November 1

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

Denver Museum of Nature & Science
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Sunday, 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
Closed Mondays
Tuesday through Saturday
First tour starts at 10:00 am
Last tour starts at 3:30 pm
Sunday
First tour starts at 12:00 pm
Last tour starts at 3:30 pm
www.mollybrown.org

Always call ahead to verify event information!
<table>
<thead>
<tr>
<th>Monday</th>
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<td>No Classes Today Due to Education Team Planning Day</td>
<td>Coffee Club @ Starbucks 5 - 6 p.m. (CS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE) Ice Cream Social @ McDonald’s</td>
<td>Community Forum Sally’s Café @ 11 a.m. Movie Time! 1 to 4 p.m. (MM) Mystery Trivia 5 - 6 p.m. (MM)</td>
<td>Performance Night 5 - 5:45 p.m.</td>
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<td>Labor Day MHCD Holiday</td>
<td>Coffee Club @ Dazbog 5 - 6 p.m. (RS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE) Ice Cream Social 5 - 6 p.m. (MS)</td>
<td>Community Forum Sally’s Café @ 11 a.m. Music Trivia 5 - 6 p.m. (CE)</td>
<td>Friday Afternoon Club Flea Market 1 - 4 p.m. (KE/SS) Bingo 5:15– 6 p.m. (MM)</td>
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<td>YMCA Rocky Mountains Adventure Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td>YMCA Rocky Mountains Adventure Coffee Club @ Starbucks 5 - 6 p.m. (CS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE) Ice Cream Social @ Sweet Action 5 - 6 p.m. (RG)</td>
<td>Community Forum Sally’s Café @ 11 a.m. Movie Time! 1 to 4 p.m. (MM) Bowling 3 - 5 p.m. (RG) Trivia 5 - 6 p.m. (RS)</td>
<td>Friday Afternoon Club Painted Caves 1 - 4 pm (MM/KRE) Performance Night 5 - 5:45 p.m.</td>
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<td>YMCA Rocky Mountains Adventure MSUD Student/ Faculty Recital @ King Center 1:30 to 3 pm</td>
<td>YMCA Rocky Mountains Adventure Coffee Club @ Starbucks 5 - 6 p.m. (CS)</td>
<td>Community Drum Circle Auraria Campus 10 a.m. (CE) Ice Cream Social @ Yogurtland 5 - 6 p.m. (RS)</td>
<td>Community Forum Sally’s Café @ 11 a.m. Bowling 3 - 5 p.m. (RG) Pop Trivia 5 - 6 p.m. (RG)</td>
<td>Friday Afternoon Club Bicycle Ride 1 - 4 pm (RG) Bingo 5:15– 6 p.m. (MM)</td>
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<td>Community Forum Sally’s Café @ 11 a.m. Bowling 3 - 5 p.m. (RG) Trivia 5 - 6 p.m. (MM)</td>
<td>Friday Afternoon Club Tennis 10-4 p.m. (RG) Bingo 5:15– 6 p.m. (MM) 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 unanticpated 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 September

Week 1  Buy 1 Trail Mix
        get 1 for .50 Cents!
Week 2  Buy 1 Grandma’s Cookie
        get 1 for .50 Cents!
Week 3  Buy 1 Soda
        get 1 for .40 Cents!
Week 4  Buy 1 Snicker
        get 1 for .50 Cents!