DVR AND SUPPORTED EMPLOYMENT

The Division of Vocational Rehabilitation (DVR) combines efforts, resource and talents with 2Succeed to assist people in finding employment. We work well together! Amy Mann and Doug Reed are the two DVR counselors who work with 2Succeed. The reason that we work with only two counselors instead of all the Counselors at DVR, is to provide continuity in services. Amy and Doug support our fidelity model and are a great support to everyone at 2Succeed!

The Division of Vocational Rehabilitation (DVR)
http://www.dvrcolorado.com/
the Web page notes that “DVR has more than 50 years of experience in helping individuals with disabilities prepare for going to work, obtain, and maintain employment. We provide the best training, support, and career placement services. DVR is a trusted partner in helping our job seekers find meaningful employment. We constantly strive toward building relationships with employers so our job seekers can compete for employment opportunities and obtain jobs that meet their needs. Across Colorado, too many workers with proven skills are currently left out of the workplace. As Colorado's leading placement organization for people with disabilities, DVR is working to change this by bridging talent and ability so companies and employees succeed.”

( - Continued on Page 18 - )
# Welcome to 2Succeed

## How do I get started?

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

- **Step 2:** Participate in a Supported Education Wellness Planning Workshop
  - Monday 1 pm
  - Tuesday 9 am
  - Wednesday 1 pm
  - Thursday 9 am

- **Step 3:** Meet with your Education Counselor to be fully admitted to 2Succeed

- **Step 4:** Start utilizing 2Succeed to work towards the goals you identified on your Supported Education 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 front reception desk and let them know you are here for Orientation
- **Arrive only about 15 minutes 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

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

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456 Bannock St.
Denver, CO 80204
303-504-1700
2Succeed in Education

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

Link2Succeed

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

Studio 2Succeed

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

Culinary Arts Program

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

Sound Connection

Members have the ability to participate in a variety of music classes and groups to enhance their skills and practice for in house and community based performances. Sound Connection is our community performance group, open to all abilities, styles and experience levels for fellowship in their artistry. We offer several music education classes including music literacy, piano, guitar, and drum circles. We provide members with an environment that promotes their own musical expression.
Education and Wellness

Other services provided by 2Succeed in Education are focused on wellness and recovery for the whole person. We offer a wide array of classes and groups. Computer classes are taught in two computer labs in our facility for all ranges of computer skills. Members can build relationships by engaging in social activities through exploring nature and attending cultural events. Our in house fitness center, yoga classes and daily outings to the YMCA provide opportunities to enhance physical wellbeing. For members looking to go to college or take the GED we have tutoring, biology, writing, math and reading classes. Members can explore their spirituality through meditation, mind body and spirit, gratitude in recovery and Bible readings classes. Other classes that can be found at 2Succeed include budgeting, nutrition, fishing, gardening, customer service, leadership, diabetes education, and life skills. Classes at 2Succeed vary and change based on consumer needs. We provide a welcoming environment that encourages growth and community involvement.

Get Involved

2Succeed is available to all consumers at the Mental Health Center of Denver. To become a member of 2Succeed, consumers must attend an orientation to learn about the program and be assigned to an education counselor. After orientation members will need to attend a Learning and Wellness Planning Workshop to establish what they want to work on while at 2Succeed. Once a member completes their plan they can schedule an appointment to meet with their Education Counselor for full admission into the program. Members will be closed with 2Succeed if they have not participated in the program for 90 days and must go through the admission process again.
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.
Safety at Bannock - Seek Shelter

Mental Health Center of Denver has established the following Emergency Safety Procedures for use at Bannock and other MHCD facilities. The purpose is to rapidly and efficiently mobilize resources in the event of an emergency and maintain a safe environment. The effectiveness of these procedures is dependent upon all employees being properly trained and that they participate with the 2Succeed community in yearly drills and review.

- It is important that we all act with a sense of urgency during the drills. Please note that all drills are timed; we need to report these times to our insurance company, annually. **We want our time to be under 2 minutes.**
- Safety captains have a red card labeled “Captain” attached to their badge. This will help all staff and the people we serve to identify safety captains during an emergency for needed support.

Seek Shelter

When there is a concern about weather such as tornadoes, we will be alerted to Seek Shelter and will hear an announcement from our overhead speakers throughout the Bannock building. You will also see movement towards the stairwells within the community which alerts us as well.

- Safety Team Members will direct the building occupants to use the nearest stairwell to seek shelter on the first floor in the Library/Yoga Space which is located in the middle part of our first floor.
- Only individuals in wheelchairs and walkers will proceed to the elevator and move to the first floor shelter area.
- We all must leave our areas immediately and not take the time to close down the computer or try to gather all your belongings. This put others in danger as we need to move to safety **NOW.**
- We remain in this area until the current tornado situation has subsided. The community needs to pay mindful of Safety Team Members as they will monitor the situation and wait to hear additional information regarding the weather.
- Once we received notification that the situation is “All Clear” we will begin to return to regular business on the first and second floors. The community will need to wait until instructed by the Safety Team to leave the Shelter Zone.
- The Safety Team will proceed to the second floor ahead of everyone else to make sure all is secure before having the community return to all areas of the building.
Eagle Eye Photography Club

MEETING EVERY MONDAY
FROM 2 - 3 P.M.
IN ORIENTATION ROOM 247
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

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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

New Start Date
Tuesday, November 1, 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 Start Date
Tuesday, October 25, 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.
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.

Mind, Body and Spirit

This month’s topics are:

**Week 1** - *(Tuesday, October 4)*  Spiritual Cinema—“Heart of the Country”. *(1:30 to 4 p.m. in Sally’s Café)*

**Week 2** - *(Tuesday, October 11)*  Food for Talk” Cards.
*(2 to 3 p.m. in Sally’s Café)*

**Week 3** - *(Tuesday, October 18)*  Food for Talk” Cards.
*(2 to 3 p.m. in Sally’s Café)*

**Week 4** - *(Tuesday, October 25)*  “Halloween Herbs” with Julie Andaverde,
*(1:30 to 3 p.m. in Sally’s Café)*
Money Matters
Learn How to Budget $$$
Sharpen up your Budgeting Skills
with Mary Sharp

Mondays
3:30 to 4:15 pm
Sally’s Café

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

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

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
YMCA Workout

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

Friday 2 pm

Yoga

Empowering All-Level Yoga
Mondays and Thursdays
11 a.m. to 12 noon
First Floor Library
*Wear comfortable clothing

Wellness Friday

AT 2SUCEED

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
503-504-1715
meredith.mills@mhcd.org

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
Weight Room Process

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

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

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

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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.
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!

Life Skills

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

October
Forgiveness (Concepts and Strategies)

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

December
Letting Go / Cycles and Patterns

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
October 11th and 25th
November 8th and 22nd
December 13th and 27th
Come and join the fun!

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

Dates: Movie dates for October 2016 are:
October 6th and October 20th.

Location: Sally’s Café

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

Contact: Meredith Mills 303-504-1713 or meredith.mills@MHCD.org
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 design 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)!
Math Support Classes

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<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10am - 11am</td>
<td>Pre Algebra</td>
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<td>11am - 12pm</td>
<td>Intro to Algebra</td>
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<td>Wednesday</td>
<td>11am - 12pm</td>
<td>Math College Bound</td>
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<td>Thursday</td>
<td>2:30pm-4pm</td>
<td>GED Math</td>
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<td>Friday</td>
<td>10am - 11am</td>
<td>Intro to Algebra</td>
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<td></td>
<td>11am - 12pm</td>
<td>Pre Algebra</td>
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<tr>
<td></td>
<td>2pm - 4pm</td>
<td>Intro to Statistics</td>
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Room 115

Basic Spanish Class

Mondays and Fridays
1:00 to 2:00 pm
Sally’s Cafe
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
SALLY’S CAFÉ CULINARY TRAINING PROGRAM

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

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

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

For further information, please attend a Culinary Program Orientation held every Wednesday afternoon at 1:00 p.m. at Sally’s Café, 456 Bannock Street. Or contact the program administrators; Michele Rosebrook at (303)-504-1765 or Raymond Sedillo, at (303) 504 1759.

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 Tuesday at 1–1:55 p.m. in Room 231
- Class is held every Thursday at 3–4 p.m. in Room 231

For further details please contact Raymond Sedillo at 303-504-1759.
DVR has financial resources and will help individuals who have limited incomes to attain these resources. Each individual however must have an income that falls within the DVR financial limitation requirement. The best example of a resource that many people attain from DVR are the bus passes; which are owned by DVR and not 2Succeed. 2Succeed is not allowed to give out bus passes unless DVR has provided one for a specific individual. Bus passes do not become an option from DVR until you have worked on an employment goal and a plan has been written/signed between the participant and DVR. DVR requires that everyone attaining a bus pass completes a job log of ten employers who you have applied with for the previous month. 2Succeed is not authorized to give you a bus pass (will not give out bus passes) unless you have the job log completed and your DVR counselor has written a plan with you that has been signed. At times mistakes happen and we work with DVR to problem solve and get you a pass as soon as we can. Once a person becomes employed the bus pass will stop when you are able to afford buying one yourself- what a great step to be able to independently afford it yourself!

DVR assists with other individual financial supports, if needed, to pursue work and keep a job. Supports depend on individual needs. DVR does not help with rent, car maintenance, child care, etc.

DVR also assists 2Succeed with job leads and 2Succeed helps DVR with job leads. DVR has special counselors whose sole position is to find employers who are open to working with them to support people in employment. The combined efforts in job development optimize potential for more people to obtain jobs and that’s what it is about!

DVR can assist people in educational goals, if needed to find employment or self-employment goals. Additional paperwork needs to be filled out for these programs and would need to be approved by a supervisor at DVR. It is not a given that you will receive service, you would need to work with DVR and all paperwork needs to be filled out by the individual themselves. If people are looking at a training program that extends over a year then the 2Succeed counselor will discontinue working with you while in school and then begins again once the certificate or degree is about to be reached. At 2Succeed we have Education Counselors who will help you while in school. Self-Employment – if you want to start your own business, DVR will assist you in the Golden Office. Once again you will need to fill
DVR AND SUPPORTED EMPLOYMENT

Out information regarding your plan for starting your own business. This DVR program has special business mentors and counselors, who will help you if accepted into this program. While in this program, 2Succeed would not be working with you – you will have special mentors to guide you in the self-employment program. Starting a business is much more difficult than lots of people think; you must be very motivated to work hard every day. People do succeed because of their individual commitment to making their self-employment goals work. It can be extremely helpful to work first in an area in-line with your self-employment goals to make sure that it is the right field for you and also to see how much work the owner has had to put into making the business work.

DVR is also a “Ticket to Work holder” – which means that they will assist you in reaching milestones of PT or FT employment and there would be no audits on you from social security.

Once again DVR and 2Succeed work together to provide the very best options we can, in assisting you with employment. If there is any reason that you would want to use DVR and not 2Succeed then you would need to contact DVR directly and attend an orientation. At the orientation it is important to let DVR know that you do not want to use 2Succeed Service and only DVR.

We are however very strong together and I think that 2Succeed works with the best two DVR counselors in the world! Plus both Amy and Doug spend two days each at 2Succeed each week, for easy contact.

If you are interested in 2Succeed Employment please contact Melanie Ritter at 303.504.1752 or Gabe Sandoval at 303.504.1720.

The Denver DVR office is located at 2211 West Evans and the phone is 303.866.2500.

Everyone has a different journey with Employment and meeting their goals – I wish you the very best in achieving your goals. Please let us know if 2Succeed Employment can assist you in this journey!

For more questions, contact Linda Miller, Program Manager.
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
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?

- On Mondays and Wednesdays from 1 to 2 p.m. in Room 115. Call Rosey Glover at extension 1731

- On Tuesdays and Fridays from 10 to 11 a.m. in Room 126. Call Marbella Bolivar at extension 1724

“Success is liking yourself, liking what you do, and liking how you do it.”

— Maya Angelou
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**
  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.

- **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 that teaches individuals the goals of saving. Learn to identify types of expenses, 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. Learn more complex concepts such as linear equations, slopes, polynomials, exponents, inequalities, etc.

- **GEN 127   VIMR**
  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?

- **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 teaches how to lead in your own well-being through identifying strengths and capabilities. Interact with others in learning and building tools through discussion/worksheets enhancing a sense of wellness and progress in one’s own 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**
  Community gathering of musicians, artists, poets, and stand-up comedians alike. Every week brings a new experience, depending on which activity is chosen to support fellowship through the performing arts.

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

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

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

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

**Wellness (WLS)**

- **WLS 100   Arts Workshop**
  We work with a variety of materials to explore self-expression. We create a calm, safe environment where we can share our Art Work and explore recovery.

- **WLS 104   Sassy Seat Chair Exercise**
  The objective of this class is for those with low mobility to experience a workout that aims to tone and stretch muscles without the painful effects from high impact motions.

- **WLS 109   Meditation**
  Meditation offers healing of one’s self through guided imagery. Individuals do this by finding one’s inner peace through meditations. One practices quieting the mind and body to relieve stress and bring well being through meditation.

- **WLS 110   Mind, Body, Spirit**
  Mind, Body and Spirit classes give individuals the opportunity to seek spiritual methods through discussions by questions or answers with others. Studies include Eastern philosophy, astrology, aromatherapy and other topics that the class wants to discuss. The benefits of attending this class is to bring spiritual recovery to one’s self and a spiritual connection to one another.

- **WLS 111   Wellness Friday**
  Our objective of this class gives the opportunity / awareness in how self-wellness contributes to our overall well-being / mental health. Come and enjoy a mini pedicure or a mini manicure and learn the benefits of self care.
2Succeed Classes by Category

♦ WLS 112  Walking Class
Walk at your own pace! This is an opportunity for individuals to walk with others at a comfortable pace. We cover different sidewalks paths in the Baker Neighborhood for a half hour walk covering about two miles.

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

♦ WLS 116  YMCA Workout
Get Healthy! Join in a group of members and staff in a trip to the YMCA. Four times a week we go to the downtown YMCA to use their wonderful facilities which include a gym, track and workout equipment. Then one time a week we go to the YMCA at Colorado Blvd. which includes swimming, steam room and sauna. Come dressed in workout clothes or use a locker at the Y.

♦ WLS 119  Open Art Studio
Bring a project to finish, or use our materials to create a piece of art. You will be on your own after a general tour of the room.

♦ WLS 121  Gratitude and Well-Being
Gratitude and Well-Being class focuses on being positive, which brings us into Well-Being through sharing and journaling our thoughts.

♦ WLS 126  Knit, Crochet and Needle Work
The objective of the needle, knit and crochet class is to offer the basic beginners skills to pursue a fun and productive hobby/craft in all three areas. If you would like to learn how to sew a button or repair a seam, even make a blanket, then you’ll enjoy this informative craft class.

♦ WLS 128  Intender’s Circle
Intender practice empowering positive living. Our circle begins with an agreement to lift ourselves and each other. We weave a focus of Gratitude and Appreciation with a topic that supports positive living and a meditation that encourages alignment with highest expression. We conclude with toning, sharing the positive energy out into the world.

♦ WLS 132  Baby Boomers and Beyond
Senior support group (50+) meets twice monthly offering activities and resources to individuals. We offer fun activities enhancing skills in memory, concentration, focus and healthy competition. Some of the activities provided include guest speakers in safety, wellbeing, health advice, AARP services, community events and discounts, self-defense, travel tips, money management, and fraud protection.

♦ WLS 135  Nutrition 101
Learn basic nutrition from a Master Nutrition Therapist. Learn the biochemistry of the human body, the methylation pathways that drive human metabolism, the minerals, macro and micro nutrients that we all need to survive. This class will also teach you evidence-based strategies for losing or gaining weight, and how to feed an illness.

♦ WLS 114  Yoga
Get in touch with your deeper capacity for living in a fast-pace world and finding respite and balance in your life. This course is designed for members who want to learn Hatha and Hindu Yoga. Some movements focus on reducing depression, anxiety and of course attending helps members join each other in an introspective way of being.
<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
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<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>GEN 132</td>
<td>Room 231</td>
<td>9 a.m. - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>High School Equivalency-Writing</td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS 119</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>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</td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Meditation</td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>GEN 105</td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>Pre-Algebra</td>
<td>Room 115</td>
<td>10 a.m. - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>GEN 202</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Trigonometry</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</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>Yoga</td>
<td>First Floor Library</td>
<td>11 a.m.—12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>GEN 127</td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>Roosevelt Glover</td>
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<tr>
<td>VIMR</td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>Roosevelt Glover</td>
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<tr>
<td>GEN 100</td>
<td>Sally's Café</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>Beginning Spanish</td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>WLS 123</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
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<tr>
<td>Christian Fellowship Club</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
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<tr>
<td>WLS 113</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
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<tr>
<td>Diabetes Workshop</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Ray Sedillo</td>
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<tr>
<td>WLS 114</td>
<td>First Floor Library</td>
<td>1 - 2:30 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Knit, Crochet and Needlework</td>
<td>First Floor Library</td>
<td>1 - 2:30 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>GEN 129</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Participants</td>
</tr>
<tr>
<td>Eagle Eye 10 Photography</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Participants</td>
</tr>
<tr>
<td>CPS 103</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>WLS 116</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td>YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
</tr>
<tr>
<td>GEN 104</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>GEN 106</td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Vocabulary</td>
<td>Room 231</td>
<td>3 - 4 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>GEN 109</td>
<td>Sally's Café</td>
<td>3:30—4:15 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td>Money Matters</td>
<td>Sally's Café</td>
<td>3:30—4:15 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td>MUS 110</td>
<td>Orientation Room 247</td>
<td>3:15 - 4:15 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>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>MUS 102</td>
<td>Room 247</td>
<td>5 - 6 p.m.</td>
<td>Casey Ehresman</td>
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# 2SUCCEED CLASS SCHEDULE

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<th>Instructor / Facilitator</th>
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<td><strong>Tuesday</strong></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>GEN 127</strong> VIMR</td>
<td>Room 126</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>Room 115</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Conference Room 126</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>WLS 50</strong> Fitness Room Orientation</td>
<td>Fitness Room 243</td>
<td>11 - 12 noon</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td><strong>CUL 102</strong> ServSafe Training</td>
<td>Room 231</td>
<td>1–1:55 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>GEN 114</strong> Literature 101</td>
<td>Room 231</td>
<td>2 - 3 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>CPS 100</strong> Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td><strong>WLS 110</strong> Mind, Body and Spirit</td>
<td>Wellness Room 244 / Sally’s Café</td>
<td>2 - 3 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>WLS 116</strong> YMCA Work Out</td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Rosey Glover</td>
</tr>
<tr>
<td><strong>CPS 110</strong> Microsoft Word 2010 Basics</td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>WLS 132</strong> Baby Boomers and Beyond</td>
<td>Conference Room 126</td>
<td>3:30 - 4:30 p.m.</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td><strong>MUS 110</strong> Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>3:30 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS 107</strong> Actor’s Cove</td>
<td>Sally’s Café</td>
<td>3:30 - 4:30 p.m.</td>
<td>Mary Sharp</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
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<tr>
<td><strong>GEN 132</strong> High School Equivalency - Writing</td>
<td>Room 231</td>
<td>9 a.m. - 10:30 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS 119</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>10 a.m. - 2 p.m.</td>
<td>Independent Work</td>
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### 2SUCCEED CLASS SCHEDULE

**Wednesday** (continued)

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<th>Instructor / Facilitator</th>
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<tbody>
<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.</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>GEN 127</strong> VIMR</td>
<td>Room 115</td>
<td>1–2 p.m.</td>
<td>Roosevelt Glover</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.</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>
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<tr>
<td><strong>WLS 100</strong> Art Workshop</td>
<td>Art Studio Room 118</td>
<td>2 - 4 p.m.</td>
<td>Kristin Elise</td>
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<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>Room 115</td>
<td>2 - 4 p.m.</td>
<td>Meredith Mills</td>
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<tr>
<td><strong>CPS 050 A</strong> Computer Orientation</td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>Steve Carter</td>
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<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>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<td><strong>Thursday</strong></td>
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<tr>
<td><strong>GEN 104</strong> Reading</td>
<td>Room 115</td>
<td>9 - 10:30 a.m.</td>
<td>Meredith Mills</td>
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<tr>
<td><strong>WLS 119</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>10 a.m. - 4 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>MUS 108</strong> Music Literacy</td>
<td>Conference Room 126</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN 135</strong> High School Equivalency</td>
<td>Room 231</td>
<td>11 a.m. - 12 noon</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS 114</strong> Yoga</td>
<td>First Floor Library</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
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<tr>
<td>Dual Recovery Anonymous</td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</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>MUS 108</strong> Music Literacy</td>
<td>Room 247</td>
<td>2:30 - 3:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS 128</strong> Intender's Circle</td>
<td>Conference Room 126</td>
<td>2:30 - 4 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td><strong>GEN 128</strong> GED Math</td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneyku</td>
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<tr>
<td><strong>CUL 102</strong> ServSafe Training</td>
<td>Room 231</td>
<td>3–4 p.m.</td>
<td>Raymond Sedillo</td>
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<td><strong>Friday</strong></td>
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<tr>
<td><strong>GEN 132</strong> High School Equivalency/Writing</td>
<td>Room 231</td>
<td>9 a.m. - 10:45 a.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td><strong>GEN 134</strong> Leadership in Well-Being</td>
<td>Munch Bunch Coffee Area</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
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<tr>
<td><strong>MUS 208</strong> Advanced Music Literacy</td>
<td>Orientation Room 247</td>
<td>9:30 - 10:30 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<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>
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<tr>
<td><strong>GEN 202</strong> Trigonometry</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneyku</td>
</tr>
<tr>
<td><strong>GEN 127</strong> VIMR</td>
<td>Room 126</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
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## 2 Succeed Class Schedule

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<td><strong>Friday (continued)</strong></td>
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<tr>
<td><strong>MUS 200</strong></td>
<td>Sally’s Café</td>
<td>10:30 - 11 a.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Ear Training</td>
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</tr>
<tr>
<td><strong>WLS 105</strong></td>
<td>Room 231</td>
<td>11 a.m. - 11:55 a.m.</td>
<td>Ray Sedillo</td>
</tr>
<tr>
<td>PRA Principles and Values: Know Your Membership Rights</td>
<td></td>
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</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></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Carrie Solano</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
<td></td>
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<tr>
<td><strong>GEN 201</strong></td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Intro to Statistics</td>
<td></td>
<td></td>
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<tr>
<td><strong>CPS 050 B</strong></td>
<td>Computer Room 210</td>
<td>1 - 1:30 p.m.</td>
<td>Steve Carter</td>
</tr>
<tr>
<td>Computer Orientation (Have some Skills)</td>
<td></td>
<td>By appointment, only</td>
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</tr>
<tr>
<td><strong>GEN 100</strong></td>
<td>Sally’s Café</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Beginning Spanish</td>
<td></td>
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<tr>
<td><strong>GEN 105</strong></td>
<td>Room 115</td>
<td>1 - 2 p.m.</td>
<td>BB Ahaneku</td>
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<tr>
<td>Pre-Algebra</td>
<td></td>
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<tr>
<td><strong>MUS 110</strong></td>
<td>Orientation Room 247</td>
<td>1 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Piano and Guitar Lab</td>
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<tr>
<td><strong>WLS 111</strong></td>
<td>First Floor Library</td>
<td>1 - 4 p.m.</td>
<td>Meredith Mills</td>
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<tr>
<td>Wellness Friday</td>
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<tr>
<td><strong>WLS 121</strong></td>
<td>Wellness Room 244</td>
<td>1:30 - 2:30 p.m.</td>
<td>Carrie Solano</td>
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<tr>
<td>Gratitude in Recovery</td>
<td></td>
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<tr>
<td><strong>WLS 116</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Roosevelt Glover</td>
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<tr>
<td>YMCA Work Out</td>
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<tr>
<td><strong>CPS 110</strong></td>
<td>Computer Room 114</td>
<td>2 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Word 2010 Basics</td>
<td></td>
<td>Begins October 25th</td>
<td>Need to be Enrolled</td>
</tr>
<tr>
<td><strong>WLS 100</strong></td>
<td>Art Studio Room 118</td>
<td>2 - 4 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>Art Workshop</td>
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<tr>
<td><strong>WLS 135</strong></td>
<td>Room 231</td>
<td>2:30–3:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Nutrition 101</td>
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<tr>
<td><strong>CPS 90</strong></td>
<td>First Floor Library</td>
<td>3 - 4 p.m.</td>
<td>Phillip/Participants</td>
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<tr>
<td>Computer Club</td>
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<tr>
<td><strong>MUS 109</strong></td>
<td>Sally’s Café</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
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<tr>
<td>Drum Circle</td>
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<tr>
<td><strong>GEN 122</strong></td>
<td>Room 231</td>
<td>3:30 - 4:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>Creative Writing—The Short Story</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
<table>
<thead>
<tr>
<th>Sunday</th>
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<th>Wednesday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>Notes</td>
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## Free Days Around Denver - 2016 Schedule

### Denver Art Museum

General Admission is Free on the First Saturday of each Month  
(720-865-5000)  
100 West 14th Avenue Parkway, Denver  
10 a.m. to 5 p.m.  
[www.denverartmuseum.org](http://www.denverartmuseum.org)  
☆ 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](http://www.botanicgardens.org)  
☆ 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](http://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.denverfirefightersmuseum.org](http://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](http://www.dmns.org)  
☆ 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](http://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](http://www.mollybrown.org)

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Always call ahead to verify event information!
### 2Succeed Social Activities - October 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>3</strong> MSUD Student/ Faculty Recital @ King Center 1:30 to 3 p.m &lt;br&gt; Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td><strong>4</strong> <strong>Coffee Club @ Starbucks</strong>&lt;br&gt; 5 - 6 p.m. (RG)</td>
<td><strong>5</strong> Community Drum Circle Auraria Campus 10 a.m. (CE) &lt;br&gt; Ice Cream Social &amp; Game Night In House 5 - 6 p.m. (RS)</td>
<td><strong>6</strong> Community Forum Sally’s Café @ 11 a.m. &lt;br&gt; Emily Griffith Spa Day 9 a.m. to 1:30 p.m. (MM) &lt;br&gt; Bowling 3 - 5 p.m. (RG) &lt;br&gt; Mystery Trivia 5 - 6 p.m. (MM)</td>
<td><strong>7</strong> Pumpkin Festival 1—4 p.m. (SS/KE) &lt;br&gt; 1st Friday Art Walk 4:30 p.m. (KRE) &lt;br&gt; Performance Night 5 - 5:45 p.m.</td>
</tr>
<tr>
<td><strong>10</strong> MSUD Student/ Faculty Recital @ King Center 1:30 to 3 p.m &lt;br&gt; Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td><strong>11</strong> Disability Awareness Festival 10 a.m. - 2 p.m. (KE) &lt;br&gt; Cider and Chai Night In house 5 - 6 p.m. (SS &amp; MS)</td>
<td><strong>12</strong> Community Drum Circle @Auraria Campus 10 a.m. (CE) &lt;br&gt; Baking Class 4 - 6 p.m. (SS) &lt;br&gt; Ice Cream Social @Sweet Action 4:30 - 6 p.m. (RG)</td>
<td><strong>13</strong> Community Forum Sally’s Café @ 11 a.m. &lt;br&gt; Bowling 3 - 5 p.m. (RG) &lt;br&gt; Music Trivia 5 - 6 p.m. (CE)</td>
<td><strong>14</strong> Bingo 5 :15 – 6 p.m. (MM)</td>
</tr>
<tr>
<td><strong>17</strong> MSUD Student/ Faculty Recital @ King Center 1:30 to 3 p.m &lt;br&gt; Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td><strong>18</strong> <strong>Coffee Club @ Starbucks</strong>&lt;br&gt; 5 - 6 p.m. (CS)</td>
<td><strong>19</strong> Community Drum Circle Auraria Campus 10 a.m. (CE) &lt;br&gt; Ice Cream Social &amp; Game Night In House 5 - 6 p.m. (RS &amp; SS)</td>
<td><strong>20</strong> Community Forum Sally’s Café @ 11 a.m. &lt;br&gt; Movie Time 1 to 4 p.m. (MM) &lt;br&gt; Bowling 3 - 5 p.m. (RG) &lt;br&gt; Halloween Costume Making 5 -6 p.m. (CE/SS/MM)</td>
<td><strong>21</strong> Performance Night 5 - 5:45 p.m.</td>
</tr>
<tr>
<td><strong>24</strong> MSUD Student/ Faculty Recital @ King Center 1:30 to 3 p.m &lt;br&gt; Open Mike / Karaoke 4:45—5:45 p.m.</td>
<td><strong>25</strong> Pumpkin Painting 4:30 - 6 p.m. (MS)</td>
<td><strong>26</strong> Community Drum Circle @Auraria Campus 10 a.m. (CE) &lt;br&gt; Baking Class 4 - 6 p.m. (SS) &lt;br&gt; Ice Cream Social @Sweet Cows 4:30 - 6 p.m. (MM)</td>
<td><strong>27</strong> Community Forum Sally’s Café @ 11 a.m. &lt;br&gt; Bowling 3 - 5 p.m. (RG) &lt;br&gt; Halloween Costume Making 5 -6 p.m. (CE/SS/MM)</td>
<td><strong>28</strong> Bingo 5 :15– 6 p.m. (MM)</td>
</tr>
<tr>
<td><strong>31</strong> MSUD Student/ Faculty Recital @ King Center 1:30 to 3 p.m</td>
<td><strong>1</strong> <strong>November 2016</strong> &lt;br&gt; <strong>Coffee Club @ Starbucks</strong>&lt;br&gt; 5 - 6 p.m. (MS)</td>
<td><strong>2</strong> Community Drum Circle Auraria Campus 10 a.m. (CE) &lt;br&gt; Ice Cream Social &amp; Game Night In House 5 - 6 p.m. (MS)</td>
<td><strong>3</strong> Community Forum Sally’s Café @ 11 a.m. &lt;br&gt; Bowling 3 - 5 p.m. (RG) &lt;br&gt; Pets in Movies Trivia 5 - 6 p.m. (MM)</td>
<td><strong>4</strong> Performance Night 5 - 5:45 p.m.</td>
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</table>

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

Open Hours

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

Munch Bunch

Weekly Sales for October

Week 1  Buy 3 Pearson’s Mints
         get 1 for FREE!

Week 2  Buy 1 Ice Cream Bar
         get 1 for 60 Cents!

Week 3  Buy 1 Baked Chips
         get 1 for 45 Cents!

Week 4  Buy 1 Soda
         get 1 for 50 Cents!