The 2Succeed art community has been busy visiting Denver art museums lately! Our latest excursion was to the Clyfford Still Museum.

Clyfford Still was a modern painter who was part of the Abstract Expressionist art movement. The Abstract Expressionists developed a new, powerful approach to painting in the years immediately following World War II. Still’s contemporaries included Willem de Kooning, Jackson Pollock, and Mark Rothko. Though the styles and approaches of these artists varied considerably, Abstract Expressionism is visually defined by abstract forms, expressive brushwork, and monumental scale, all of which were used to convey universal themes about creation, life, and struggle. These were themes that took on a considerable relevance during and after World War II. Abstract Expressionists experimented with new approaches to painting and “broke free” from traditional painting methods like keeping the canvas on an easel, or painting with traditional tools like brushes. They were revolutionaries, forever changing the way we view art today.

We began our guided tour of the museum by viewing some of Still’s early paintings, which were very representational, meaning that his painted portraits looked just like the people he painted.

( - Continued on Page 10 - )
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 the front desk and let them know you are here for orientation.
- Arrive on time. Individuals who arrive more than 5 minutes late will be asked to return at another date to attend the orientation.
- Do not arrive more than 30 minutes early as you will have to wait for orientation. If you arrive more than 30 minutes early you may be asked to return at a time closer to orientation.

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 in the community. Our education counselors provide support through encouragement and assistance with many facets of going back to school as an adult. Helping with admissions, financial aid and offering services on campuses throughout the Denver metro area. Our counselors can help students navigate the education process from beginning to end; identifying strengths and barriers and assisting in finding resources for financial aid/defaulted loans. Other types of support may include finding tutoring, and celebrating successes by supporting each individual 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.

2Succeed Music

All human beings are biologically hardwired to make music! 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 High School Equivalency Exam 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.

**2SUCCEED IN EDUCATION — FREQUENTLY ASKED QUESTIONS**

1. **What are your hours?** We are open Monday- Friday from 8 a.m.-6 p.m. On weekday holidays, we are open from 9 a.m.-3 p.m. We have occasional modified hours that are posted on the calendar in the monthly newsletter.

2. **Do I need to have a Resource Center ID card?** No, you can just check in with your name or MHCD ID number at the front desk.

3. **What time are meals served?** Lunch is served at 12 p.m. and dinner is at 4:30 p.m.

4. **How much do meals cost?** $8.00 for an unlimited month pass or $1.50 per meal.

5. **Where do I purchase a meal ticket?** There are always staff in the dining room, with a tablet computer, during meal times for ticket purchases.

6. **Do I have to take classes to eat lunch or dinner?** Yes, we ask that all individuals are engaged in classes or groups when at 2Succeed.
7. **Can I just come to 2Succeed to hang out and socialize?** The MHCD Adult Resource Center is available to people who want to hang out and socialize. We ask that all participants are actively taking classes or groups when at 2Succeed.

8. **Do I have to be in clinical treatment to come to 2Succeed?** Yes, all individuals need to be actively engaged in treatment with their clinical treatment team.

9. **Who do I go to for questions?** Everyone is assigned an Education Specialist to consult with about any questions they have at 2Succeed.

10. **Who is my Education Specialist and how do I get in contact with them?** You will be assigned to an Education Specialist at orientation. You will be given a business card with their contact information. Call your Education Specialist in order to schedule your initial meeting.

11. **What if I just want to find a job?** You can work directly with an Employment Specialist and not be a member of 2Succeed. Just remember that means you can only come to 2Succeed for scheduled appointments with your Employment Specialist.

12. **What if I don't come to 2Succeed for a while?** After 90 days of not being active you will be closed at 2Succeed. You are welcome to come back at any time by attending another orientation and getting re-assigned to an Education Specialist.

13. **Where can I get a monthly newsletter?** Newsletters are available at the front desk and are emailed to all MHCD staff so you can also talk to your clinician.

14. **I noticed you have showers and laundry machines, can I use those?** We do have emergency only showers and laundry. You will need to talk your Education Specialist about those.

15. **How do I join the culinary program?** The culinary program offers weekly orientation on Fridays from 10 a.m. -11 a.m. in Sally’s Café.

16. **How do I get access to use the computers?** Computer orientations can be scheduled with Doug Reed at 303-504-1758.

17. **Can I bring a visitor?** We do allow a one-time visit for guests. This must be pre-arranged with your Education Specialist and the Program Manager in advance. You will need to provide the purpose of the visit and when the visit will occur for approval.

18. **Where can I smoke?** ALL MHCD sites are tobacco free. We encourage individuals to go for a walk to smoke but be respectful of our neighbors and public spaces.
For a Tornado or Tornado Drill:

• When we are told to take shelter for an actual tornado or a tornado drill, all building occupants are to move immediately to the first floor Wellness Studio and Conference Room 126.

  • Please be safe but move at a good pace to ensure we can all move to the assembly location within a short period of time.
  
  • Please keep the elevator available only for those with mobility concerns like a wheelchair or walker.
  
  • For both Tornado and Fire Evacuation, Listen for instructions from the Safety Captains as they will be notified of when we are safe to return to regular business within the building.

For a Fire/Evacuation or a Fire/Evacuation Drill:

• When we are told to evacuate the building for an actual fire/event or a fire drill, all building occupants are to move immediately to the sidewalk area on the north side of 5th Avenue between Acoma and Bannock Street.

  • This area is beyond the north end of our building’s alley (next to the Bass Trauma Center parking lot).
2Succeed Classes by Category

Computer Science (CPS)
- **Basic Computer Skills**  
  **Prerequisite:** Computer Orientation.  
  Course for students with little to no computer experience. Topics include; the differences between hardware and software, beginner internet skills, and how to operate a personal email account.

- **Computer Coaching by Appointment**  
  Personalized troubleshooting and learning for each tech need. Collaborative learning and unintimidating small group to one on one coaching on the use of computers, software, phones, other electronic gadgets.

- **Computer Orientation (Beginner Level)**  
  Arrange for computer account by attending basic orientation for general procedures/expectations around the use of the computers and your account. This session is for beginners to the computer.

- **Computer Orientation (Have Computer Skills)**  
  Same as above except that this session is geared to individuals with existing basic computer skills.

- **Keyboard Skills Training**  
  Learn **Typing Master**, a training software where students complete lessons / games to develop keyboarding skills or brush up their skills.

- **Make Computers Work for You**  
  Learn how to Safely and Effectively use Email, Social Networks, Job Searching Sites. Basic overview and discussions, and time to practice so all computer skill levels are welcome.

- **Microsoft Excel 2016 Basics**  
  **Prerequisite:** Computer Basic Skills.  
  **Enrollment Required** - Class teaches how to create, save, print basic spreadsheets and tracking forms.

- **Microsoft PowerPoint 2016 Basics**  
  **Prerequisite:** Computer Basic Skills.  
  **Enrollment Required** - Class teaches how to create, save and run a slide presentation.

- **Microsoft Word 2016 Basics**  
  **Prerequisite:** Computer Basic Skills.  
  **Enrollment Required** - Class teaches how to create, save, print basic documents.

- **Online Job Search Workshop**  
  **Prerequisite:** Have a computer account and password. This lab time is reserved for individuals seeking employment. Assistance available to navigate job searches, online applications, building resume, setting up an email account, etc.

- **Webpage Design**  
  Instruction and skills development of HTML, CSS, JAVASCRIPT, BOOTSTRAP, JQUERY, PYTHON, at you own pace. Collaborative learning with individualized instruction ranging from basic coding concepts to the more advanced.

General Studies (GEN)
- **Basic Spanish**  
  Class offers basics of Spanish. Learn how to have a small conversation anywhere you go!!.

- **ESL**  
  Class is a hybrid linguistic methodology that combines, ESL techniques, language translation, and bilingualism to expedite English language skills and promote mental health literacy. Language skills are taught in a structured, trauma-sensitive environment. This course is open to all.

- **Eagle Eye 10 Photography**  
  Group tries to go on photo shoots about once per month. We share our photos and experiences to help each other grow as photographers.

- **General History**  
  This weekly student-driven, trauma-sensitive history class focuses on history lessons generated by class consensus.
2Succeed Classes by Category

- **High School Equivalency Math**
  This class follows the five areas of the High School Equivalency Exam syllabus strictly. Students learn Arithmetic, Algebra, Geometry, Statistics and Probability.

- **Intro to Algebra**
  **Prerequisite:** Pre-Algebra
  Class expands on the concepts learned in the Pre-Algebra. Learn more complex concepts like linear equations, slopes, polynomials, exponents, inequalities, etc.

- **Intro to Statistics**
  Class teaches students how to collect, analyze, interpret, present, and organize data.

- **Leadership in Well-Being**
  Class teaches how to lead in your own wellbeing by identifying strengths and capabilities. Interact with others in learning/building tools through discussion/worksheets enhancing a sense of wellness and progress in one’s own recovery-focused goals.

- **Life Skills**
  Improve / learn new skills for better coping skills for life’s stressors. Topics such as relationships, communications, self esteem, awareness and understanding of others, emotional support, and building positive support systems.

- **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.

- **Reading Skills**
  This class helps individuals to gain new or improved reading skills through self-paced lessons and activities.

- **Strategies to Wellness (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?

- **Trigonometry**
  In this class, students will study the relationships involving lengths and angles of a triangle.

- **Writer’s Workshop**
  This trauma-sensitive class helps students build writing fluency through continuous, repeated exposure to the writing process. Writing students work independently or in groups depending on goals.

**Music and Performance (MUS)**

- **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!

- **Beginning Guitar**
  **Prerequisite:** Music Literacy or basic ability to read music, chord charts, or tablature.
  **Enrollment required.** This class will offer basic fundamentals for a long life of healthy guitar playing. Instruction includes 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.

- **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.

- **Community Jam Session**
  Come enjoy the benefits of improvising music with others. Class is designed so that even those that have never played or studied music can be successful and part of a music ensemble. This is not a performance based group, but a place for musicians of all levels to meet and share music.
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.

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.

Supported Education (SE)

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

Wellness (WLS)

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

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, medication.

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.

Knit, Crochet and Needle Work
The objective of the needle, knit and crochet class is to offer basic beginners skills to a fun and productive hobby/craft in all three areas. Learn how to sew a button or repair a seam, even make a blanket. Come and join in.

Meditation
Meditation offers healing of one’s self through guided imagery. Individuals find one’s inner peace through meditations. Practice quieting the mind and body to relieve stress and bring well being.

Mind, Body, Spirit
Classes give individuals an opportunity to seek spiritual methods through discussions and questions 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.

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.

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.

Studio Arts
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.
2Succeed Classes by Category

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

- **YMCA Workout**
  Join a group of members and staff on 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. Come dressed in workout clothes or use a locker at the Y.

- **Yoga Nidra**
  Get in touch with your deeper capacity for living in a fast-pace world and finding balance in your life. This course is designed to learn Hatha and Hindu Yoga. Some movements focus on reducing depression, anxiety and of course attending helps members join each other in a introspective way of being.

---

**CLYFFORD STILL MUSEUM EXCURSION ( - CONTINUED FROM PAGE 1 - )**

As we moved through the museum, it was explained to us how Still’s painting style evolved. He began to break down his subjects into simple shapes, abandoning details and opting instead to evoke strong feelings from his viewers through his use of dark colors and simplified forms.

Through the years, little by little, his style evolved until his paintings looked nothing like any particular subject, and instead were simplistic painted shapes, completely open to each individual’s interpretation. These are the paintings that defined Clyfford Still as an Abstract Expressionist and these are the paintings he is most famous for. We had fun explaining to each other what we saw in each painting and learning that our interpretations varied according to each person’s experience and point of view!

If you are interested in joining us on future trips to art museums, please check for art events in the Activity Book near the front desk or see Kristin downstairs in the art studio.
# 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Monday</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WLS</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>GEN</strong> Drop-in Peer Support and Resources</td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>WLS</strong> Meditation</td>
<td>Wellness Room 244</td>
<td>10 a.m. - 11 a.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>GEN</strong> Book Club</td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>CPS</strong> Website Design</td>
<td>Computer Room 210</td>
<td>10–11 a.m.</td>
<td>Carrie Ross/Doug Reed</td>
</tr>
<tr>
<td><strong>GEN</strong> Writer’s Workshop</td>
<td>Room 231</td>
<td>10 a.m.–11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>GEN</strong> Basic Spanish</td>
<td>Sally’s Café Dining Room</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>WLS</strong> Nutrition 200</td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS</strong> Knit, Crochet and Needlework</td>
<td>First Floor Studio</td>
<td>1 - 3 p.m.</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>MUS</strong> Private Piano Lessons</td>
<td>Room 234</td>
<td>1:30 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong> Private Piano Lessons</td>
<td>Computer Lab Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>GEN</strong> Reading Skills</td>
<td>Art Room 118</td>
<td>1 - 3 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>WLS</strong> Studio Art</td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>WLS</strong> Get Fit Turbo Party</td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td><strong>GEN</strong> Eagle Eye 10 Photography</td>
<td>Art Room 118</td>
<td>2 - 3 p.m.</td>
<td>Kristin Elise/Participants</td>
</tr>
<tr>
<td><strong>CPS</strong> Basic Computer Skills</td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>MUS</strong> Private Piano Lessons</td>
<td>Room 234</td>
<td>2:30 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>GEN</strong> Audio Book Club</td>
<td>Room 115</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong> Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>MUS</strong> Music Tutoring</td>
<td>Room 234</td>
<td>4 - 4:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
## 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>Tuesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Strategies to Wellness (VIMR)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 231</td>
<td>10–11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>General History</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Computer Room 210</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>First Floor Studio</td>
<td>10 - 11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Adaptive Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Mary Skokan</td>
</tr>
<tr>
<td>Breaking the Stigma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 231</td>
<td>11 a.m. - 12 noon</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Creative Writing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 234</td>
<td>1 - 2 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Drop-in Peer Support and Resources</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m. Need to be enrolled</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>1 - 3:45 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>Open Art Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td>Room 231</td>
<td>1:30 - 2 p.m.</td>
<td>Culinary supervisor</td>
</tr>
<tr>
<td>Culinary Team Meeting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 126</td>
<td>1:30 - 3 p.m. 1st and 3rd Tuesday/mth</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>Financial Empowerment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 114</td>
<td>1:30 pm– 3:30 p.m. Class is Closed</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Excel 2016 Basics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Wellness Room 244</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Ukulele Lessons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>2 - 4 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>Make Computers Work for You</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Downtown YMCA</td>
<td>2 - 4 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>YMCA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Room 231</td>
<td>2:30 - 3:30 p.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>English as a Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Get Fit Turbo Party</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Community Jam Session</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------------</td>
<td>-----------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong> Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS Sassy Seat</strong></td>
<td>Sally’s Café</td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>GEN Strategies to Wellness (VIMR)</strong></td>
<td>Room 115</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>MUS Beginning Music Literacy</strong></td>
<td>Wellness Room 244</td>
<td>10–11 a.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>Supported Education</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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>CPS Keyboard Skills</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>Need to be enrolled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN Basic Spanish</strong></td>
<td>Sally’s Café Dining Room</td>
<td>1–2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>GEN Life Skills</strong></td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS Private Piano Lessons</strong></td>
<td>Room 234</td>
<td>1:30 - 2 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Need to be enrolled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS Private Piano Lessons</strong></td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Need to be enrolled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS Computer Orientation</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>(Beginner Level)</td>
<td></td>
<td></td>
<td><strong>Note:</strong> Classes that are shaded are either new classes or the class day/time/location has been changed.</td>
</tr>
</tbody>
</table>

Note: Classes that are shaded are either new classes or the class day/time/location has been changed.
## 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>Thursday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Therapeutic Dance/Movement</td>
<td>First Floor Studio</td>
<td>10 a.m. - 11 a.m.</td>
<td>Tajah Schall</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes Maintenance</td>
<td>Room 231</td>
<td>10 a.m. - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reading Skills</td>
<td>Computer Lab 114</td>
<td>10 a.m.- 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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>WLS</strong></td>
<td></td>
<td>11 a.m.- 12 noon</td>
<td></td>
</tr>
<tr>
<td>Yoga Nidra</td>
<td>First Floor Studio</td>
<td></td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dual Recovery Anonymous</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Participants</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>1 - 3:45 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Relationships</td>
<td>Room 247</td>
<td>1:30 - 3 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Computer Coaching</td>
<td>Room 204</td>
<td>2:30 - 4 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High School Equivalency Math</td>
<td>Room 115</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginning Music Literacy</td>
<td>Room 247</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Art Studio</td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leadership in Well-Being</td>
<td>Sally’s Café Dining Room</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ear Training</td>
<td>Room 234</td>
<td>9:30 - 10 a.m.</td>
<td>Casey Ehresman</td>
</tr>
</tbody>
</table>
# 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>Friday (continued)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPS</td>
<td>Computer Room 114</td>
<td>9:30 a.m. - 11:30 a.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Publisher 2016 Basics</td>
<td></td>
<td><strong>Class is Closed</strong></td>
<td></td>
</tr>
<tr>
<td>WLS</td>
<td>Sally’s Café Dining Room</td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Sassy Seat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CUL</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td>Culinary Orientation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supported Education</td>
<td>Room 115</td>
<td>10 - 11 a.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WLS</td>
<td>Room 126</td>
<td>10 - 11:30 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>New R Weight Loss Program</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WLS</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Vanessa Valdez</td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPS</td>
<td>Computer Room 114</td>
<td>11:30 a.m. - 12 noon.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Publisher Study Lab</td>
<td></td>
<td><strong>Class is Closed</strong></td>
<td></td>
</tr>
<tr>
<td>CUL</td>
<td>Room 247</td>
<td>1 - 2 p.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td>ServSafe Education</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MUS</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Beginning Guitar Circle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WLS</td>
<td>Art Room 118</td>
<td>1 - 3 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>Studio Art</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPS</td>
<td>Computer Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Word Basics 2016</td>
<td></td>
<td><strong>Class is Closed</strong></td>
<td></td>
</tr>
<tr>
<td>MUS</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Piano and Guitar Lab</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MUS</td>
<td>Room 234</td>
<td>2 - 3 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MUS</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Casey Ehresman</td>
</tr>
<tr>
<td>Drum Circle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPS</td>
<td>Computer Room 114</td>
<td>3:30 - 4 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>Microsoft Word Study Lab</td>
<td></td>
<td><strong>Class is Closed</strong></td>
<td></td>
</tr>
</tbody>
</table>
Microsoft Excel 2010 Basics

Scheduled Start Date
Tuesday, April 9, 2019

Class day / time
- Tuesdays from 9:30 to 11:30 p.m. (15 minute break during class)
- 11:30 to 12 noon (study/practice lab)
- Class runs for about 12 weeks

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

Enrollment Required - This class teaches how to create, save, edit and print basic spreadsheets.

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

Microsoft Publisher 2016 Basics

Scheduled Start Date
Tuesday, March 26, 2019

Class day / time
- Tuesdays 1:30 to 3:30 p.m. (15 minute break during class)
- 3:30 to 4 p.m. (study/practice lab)
- Class runs for about 12 weeks

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

Enrollment Required - This class teaches how to create, save and print documents such as business cards, flyers and greeting cards.

Contact David McDonald at 303-504-1771 for more information.
Microsoft Word 2016 Basics

Scheduled Start Date
Friday, March 15, 2019

Class day / time
- Friday from 9:30 to 11:30 a.m. (15 min break during class)
- 11:30 a.m. to 12 p.m. (study/practice lab)
- Class runs for about 12 weeks

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

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

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

Microsoft PowerPoint 2016 Basics

Approximate Start Date
Friday, March 22, 2019

Class day / time
- Fridays 1:30 to 3:30 p.m. (15 minute break during class)
- 3:30 to 4 p.m. (study/practice lab)
- Class runs for about 12 weeks

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

Enrollment Required - This class teaches how to create, save, print and run a basic presentation (slide show).

Contact David McDonald at 303-504-1771 for more information.
### MAKE COMPUTERS WORK FOR YOU

**Tuesday 2-4 p.m.**
**Room 210**

Learn how to Safely and Effectively use Email, Social Networks, Job Searching Sites.

Basic overview and discussions, and time to practice so all computer skill levels are welcome.

### COMPUTER COACHING

**- BY APPOINTMENT -**

Do you experience set up issues or confusion with your personal computer of phone? Need help with understanding email or other computer software?

Call to set up an appointment to discuss and arrange for individualized coaching for your tech needs.

Call Doug Reed at 303-504-1758

Thursdays 2:30 - 4 p.m. in Room 210

### Life Skills

<table>
<thead>
<tr>
<th>Month</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>Hobbies/Leisure time/Artistry and creativity</td>
</tr>
<tr>
<td>March</td>
<td>Health and Hygiene/Appearance/Resources</td>
</tr>
<tr>
<td>April</td>
<td>Relationships/Interpersonal/Professional</td>
</tr>
</tbody>
</table>

### YMCA Workout

**Tuesdays**
**2 - 4 p.m.**

Marbella Myers
Sip and Paint Class!
Mondays and Wednesdays from 1:00-3:00pm
First Floor Art studio

Let’s sip some carbonated beverages while we paint a winter scene together! Learn what makes a dynamic composition and how to mix acrylic paints together on canvas. We will work on easels step-by-step to complete winter scene paintings. Once our paintings are complete, we will each have the option to display our artwork in Sally’s Cafe. All skill levels welcome!
Valentine’s Day Party

ENJOY A DELICIOUS DINNER

FEBRUARY 14TH, 2019

3 - 5 PM

**Activities**

Pay It Forward    Human Connection
Self-Care         Fun Facts

Speaker: Jaqueline Davis
(Love and Life)
2Succeed Celebration

Come Celebrate the Accomplishments of your fellow members on Thursday, March 14th 2 - 3:30 pm in Sally’s Cafe

Breaking the Stigma

Tuesday 11 AM-12 noon ROOM 231

People from all different walks of life, their empowering stories, and how they’ve made change.
INTERESTED IN WEBSITE DESIGN?

WANT TO LEARN:

...HTML
...CSS
...JAVASCRIPT
...BOOTSTRAP
...JQUERY
...PYTHON

AND MORE... ?

AT YOUR OWN PACE

NEW CLASS
OPEN TO ALL
RECOMMENDED PREREQUISITES:
...READING
...KEYBOARDING

WHEN
Mondays
10-11am

WHERE
Classroom 210
456 Bannock St
Denver, CO

SPONSORS
Cari Ross
Doug Reed x1758
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 more information, please attend a Culinary Program Orientation held every Friday morning at 10 a.m. in Room 231.

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

Join millions of food service professionals in taking the first step in a commitment to food safety. Classes are open to all that have completed 2Succeed orientation process.

ServSafe Class
Friday from 1 - 2 p.m.
Room 247

For more information, contact:
Culinary Supervisor
Beginning Harmonica

Love Music?
How about playing harmonica?
Learn all the basics!!

Mondays 3 - 4 p.m.
Meditation Room
Instructor, Londa

Senior Discounts

Shopping
• Kohl’s
  ◊ 60+ get 15% off on Wednesdays
• Marshall’s, Ross
  ◊ Seniors (check age) get 10% on Tuesdays
• Walgreens (Seniors Day – 1 x mth)
  ◊ Rewards card holders and 55+ get 20% off
    10% off for online ordering
• Dress Barn
  ◊ 62+ get 10% off on Tues/Weds
• Stein Mart
  ◊ 55+ get on First Monday and extra 20% off clearance items
• Michaels
  ◊ Seniors get 10% exclusive discounts and more on crafting material
• JoAnn
  ◊ Senior Days 55+ get 20% off total purchase

Phone Service
• Consumer Cellular
  ◊ senior plan $30 month
Senior Discount Club/Free Memberships

- CVS Pharmacy
- Walgreens
- Target
- Amazon
- Kohl’s
- JC Penney
- Walmart
- Best Buy

Eating Out

- McDonald’s: discounts on coffee and beverages (55+)
- Whataburger: free drink with purchase of a meal, depending on location (55+)
- Wendy’s: give free coffee or other discounts depending on location
- Piccadilly Cafeteria – 10% discount with “Prime Time for Seniors” card
- IHOP – 10% discount (55+) and a menu for people aged 55 and over at participating locations
- Golden Corral: Senior discount varies by location
- Krispy Kreme Senior Discount: 10% off (50+) (age and discount varies depending on location)
- Perkins Restaurants: Fifty-Five Plus menu Offers special deals (55+)
- Subway: 10% off (60+) varies by location
- The Old Spaghetti Factory: Spaghetti Factory “Senior Menu” offers discounted list of menu items
- Uno Pizzeria & Grill: “Double Nickel Club” 25% off on Wednesday (55+)
- Sizzler: Offers “Honored Guest Menu” (60+) varies by location
- Papa John’s Senior Discount: check with your local stores (no standard senior discount policy)
- Old Country Buffet: Daily discounts for seniors (55+)
- Friendly’s Restaurants: 10% off meal w/ free coffee at breakfast or free small sundae during non-breakfast hours
- Fazoli’s: Join “Club 62” for special senior menu items (62+)
- KFC: free small drink with any meal depending on location (55+)
- Country Kitchen: Great Senior Menu (55+)
- Burger King: 10% discount on purchase depending on location (60+)

Movies

- AMC
  - 60+ get 30% off movie ticket
- Regal
  - 60+ get 35% off movie ticket
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!

Heidi Eastman,
Vocational Project Coordinator
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 Chris Winslow at 303-504-1728 or Maritza Ovalles at 303-504-1727.

2Succeed in Employment at the Recovery Center

We are located in Room 416 at the Recovery Center. A sign is hung up at the front door when we are there and the Admins on the 4th Floor can help folks find us. This is an excellent opportunity for folks to find out about our Supported Employment program without coming to 2Succeed on Bannock. There is staff present on Tuesdays and Thursdays, from 8:30-11:30 a.m. and from 1 - 3 p.m.
New Events are posted every Monday!

How to request

- Grab a request form
- Fill out the ENTIRE form
- Place it in the black box
- I will contact you

ArtReach events can include:
National Western Stock Show/Denver Coliseum/Museums
Planetariums/Orchestras/Concerts/Symphonies
Sporting Events/Zoo/Plays & More!

Remember tickets are not guaranteed

(PLEASE- ONLY 2 REQUESTS ALLOWED PER WEEK)

Thank you
Questions/Contact Lucrecia in Rm 212 (Admin) 303-504-1736
# Plans for February 2019

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>Notes</td>
</tr>
</tbody>
</table>
**FREE DAYS AROUND DENVER - 2019 SCHEDULE**

**Clyfford Still Museum**
(720-354-4800)  
1250 Bannock St, Denver  
Monday (Closed), Tuesday to Thursday (10 a.m. to 5 p.m.), Friday (10 a.m. to 8 p.m.), Saturday/Sunday (10 a.m. to 5 p.m.)  
www.clyffordstillmuseum.org  
☆ Sunday, February 17  
☆ Tuesday, March 26  
☆ Saturday, April 28

**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, February 2  
☆ Saturday, March 2  
☆ Saturday, April 6

**Denver Botanic Gardens**  
(720-865-3500)  
1005 York Street, Denver  
9 a.m. to 5 p.m.  
www.botanicgardens.org  
☆ Monday, February 18  
☆ Friday, March 22  
☆ Sunday, April 14

**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, February 5,  
☆ Tuesday, March 5  
☆ Tuesday, April 2

**Denver Museum of Nature & Science**  
(303-322-7009)  
2001 Colorado Boulevard, Denver  
9 a.m. to 5 p.m.  
www.dmns.org  
☆ Monday, February 11  
☆ Wednesday, April 3 (Night 5-10 pm)  
☆ Sunday, April 28

**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  
☆ Sunday, February 3  
☆ Monday, February 4

**Four Mile Historic Park**  
(720-865-0800)  
715 S. Forest St., Denver  
www.Fourmilepark.org  
**General Admission is Free on the second Friday of each Month from 12 to 4 p.m.**  
October to March (Wednesday to Sunday/9 a.m. to 5 p.m.)  
April to September (Wednesday to Sunday/12 to 4 p.m.) Saturday and Sunday/10 a.m. to 4 p.m.)  
☆ Friday, February 8  
☆ Friday, March 8  
☆ Friday, April 12

Always call ahead to verify event information!
## 2Succeed Social Activities - February 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>28</strong></td>
<td>Open Mike / Karaoke</td>
<td>In-House Ice Cream and Game Night</td>
<td><strong>Movie Time!</strong></td>
<td><strong>February</strong></td>
</tr>
<tr>
<td></td>
<td>4:45—5:45 p.m. (RS)</td>
<td>5—6 p.m. (MM/BB)</td>
<td>1—4 p.m. (MM)</td>
<td>Community Forum</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Student Support Group</td>
<td>Sally’s Café @</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:30—5:30 pm (KEH)</td>
<td>11 - 11:30 a.m. (VV)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trivia</td>
<td>Bingo</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5—6 p.m. (SS)</td>
<td>5—5:45 p.m. (MM)</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>Open Mike / Karaoke</td>
<td>Ice Cream Social @ Dairy Queen</td>
<td><strong>Movie Time!</strong></td>
<td>Community Forum</td>
</tr>
<tr>
<td></td>
<td>4:45—5:45 p.m. (RS)</td>
<td>4:30–6 p.m. (MM/SS)</td>
<td>1—4 p.m. (MM)</td>
<td>Sally’s Café @</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trivia</td>
<td>11 - 11:30 a.m. (VV)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5—6 p.m. (BB)</td>
<td>Bingo</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5—5:45 p.m. (MM)</td>
</tr>
<tr>
<td><strong>11</strong></td>
<td>Open Mike / Karaoke</td>
<td>Community Fellowship and Conversation</td>
<td>Valentines Day Dinner Celebration</td>
<td>Community Forum</td>
</tr>
<tr>
<td></td>
<td>4:45—5:45 p.m. (RS)</td>
<td>5—6 p.m. (CE/BB)</td>
<td>3 to 5 p.m.</td>
<td>Sally’s Café @</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11 - 11:30 a.m. (VV)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bingo</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5—5:45 p.m. (MM)</td>
</tr>
<tr>
<td><strong>18</strong></td>
<td>Open Mike / Karaoke</td>
<td>Ice Cream Social @ Sweet Action</td>
<td><strong>Movie Time!</strong></td>
<td>Community Forum</td>
</tr>
<tr>
<td></td>
<td>4:45—5:45 p.m. (RS)</td>
<td>4:30–6 p.m. (MM)</td>
<td>1—4 p.m. (MM)</td>
<td>Sally’s Café @</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trivia</td>
<td>11 - 11:30 a.m. (VV)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5—6 p.m. (MMB)</td>
<td>Bingo</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5—5:45 p.m. (MM)</td>
</tr>
<tr>
<td><strong>25</strong></td>
<td>Open Mike / Karaoke</td>
<td>In-House Ice Cream and Game Night</td>
<td><strong>Movie Time!</strong></td>
<td><strong>March 2019</strong></td>
</tr>
<tr>
<td></td>
<td>4:45—5:45 p.m. (RS)</td>
<td>5—6 p.m. (MM/BB)</td>
<td>1—4 p.m. (MM)</td>
<td>Community Forum</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Student Support Group</td>
<td>Sally’s Café @</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:30—5:30 pm (KEH)</td>
<td>11 - 11:31 a.m. (VV)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trivia</td>
<td>Bingo</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5—6 p.m. (RS)</td>
<td>5—5:45 p.m. (MM)</td>
</tr>
</tbody>
</table>

☆ Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.
Sally’s Café Market

Weekly Sales February 2019

**Week 1**  Buy 1 Microwave Popcorn get 2nd for 30 cents!
**Week 2**  Buy 1 Chips get 2nd for 30 cents!
**Week 3**  Buy 1 Planter’s Trail Mix get 2nd for 50 cents!
**Week 4**  Buy 1 Reese’s Peanut Butter Cup get 2nd for 50 cents!

---

**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. to 1 p.m.
Lunch is served from 12 noon until 1 p.m.
Open for Dinner from 4:00 to 5:30 p.m.
Dinner is served from 4:30 until 5 p.m.

---

**Meal Prices**

- $1.50 Per Meal
- $8 Monthly Unlimited Meals