DENVER PRIDEFEST

Denver PrideFest is the largest celebration of LGBTQ+ pride in the rocky mountain region. On June 15th and 16th this year, over five hundred twenty thousand people came together in Civic Center Park to celebrate our gay community and stand together in solidarity for gay rights. The festival featured a 5K run, a grand parade, three stages with continuous entertainment, several food vendors and over one hundred tents selling merchandise and spreading the word about non-profit services that are available to the greater Denver community. The Mental Health Center of Denver has been a longtime supporter of PrideFest and once again this year participated in the festival by featuring two tents; one to spread the word about MHCD services and the Crisis Center, and the other to showcase our very own 2Succeed student's artwork. Over twenty 2Succeed artists displayed their artwork in PrideFest this year and collectively sold over eight hundred thirty-nine dollars of artwork, more than three times as much as what was earned last year! Most importantly, we showed the public how tremendously talented our art community at 2Succeed is, and we demonstrated that recovery from mental illness and flourishing with mental illness is possible! Sending out a special thank you to all the students and staff who helped support us at PrideFest 2019.

Contributed by Kristin Elise, 2Succeed Art Instructor-Vocational Counselor
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 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.

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**2Succeed in Education — Frequently Asked Questions**

1. **What are your hours?** We are open Monday- Friday from 8am-6pm. On weekday holidays, we are open from 9am-3pm. We have occasional modified hours that are posed 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 12pm-1pm and dinner 4:30pm-5pm.

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, near the sound room, during meal times for ticket purchases. They will have tablets to help people check in for meals.
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. Check the newsletter for a list of all the great program offerings.

7. **Can I just come to 2Succeed to hang out and socialize?** The MHCD Adult Resource Center is available to people who want a safe place to hang out and socialize. We ask that all participants are actively taking classes, groups or meeting with a counselor when they are 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 Counselor to consult with about any questions they have at 2Succeed.

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

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 Counselor.

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 Counselor directly about those.

15. **How do I join the culinary program?** The culinary program offers weekly orientation on Friday’s from 10am -11am in room 231.

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

17. **Can I bring a visitor?** We do allow a one-time visit for guests. This must be prearranged with your Education Counselor 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).
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 one on one coaching on the use of computers, software, phones, other electronic gadgets.

- **Computer Orientation/Entry Level Orientation**
  
  Arrange for computer account by attending basic orientation for general procedures/expectations around the use of the computers and your account.

- **Keyboard Skills Training**
  
  Use on-line training software to complete lessons / games to develop keyboarding skills or brush up 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. 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, print and run a slide presentation.

- **Microsoft Publisher 2016 Basics**
  
  **Prerequisite**: Computer Basic Skills.
  
  **Enrollment Required** - Class teaches how to create, save and print documents such as flyers, business letterhead/cards and greeting cards.

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

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

Culinary Training (CUL)

- **ServSafe Education**
  
  ServSafe Education prepares students to sit for the ServSafe Food Protection Exam. ServSafe Certifications are recognized by more federal, state, and local jurisdictions than any other food safety certification. We provide classroom instruction, textbooks, and study materials. The Colorado Restaurant Association proctors the exam with no expense to the student.

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.

- **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.
2Succeed Classes by Category

- **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.

- **Poetry in Recovery**
  This class employs the therapeutic use of poems, narratives, and other spoken or written media to promote well-being and healing. Students in this class will use existing literature and create their own poetry in a safe, non-judgmental atmosphere in which people in recovery are able to explore their written expressions and associated emotional responses.

- **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.

- **Vocabulary in Recovery**
  Increase your cognitive processing speed with new words. Let new words help you open new lines of reasoning, and increase your vocabulary to help you better understand the world around you. This trauma-informed class meets once a week for sixty minutes.

- **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.

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**Music and Performance (MUS)**

- **Advanced Music Literacy**
  **Prerequisite:** Beginning Music Literacy.
  Continue to explore music reading, and advanced concepts.

- **Beginning Guitar**
  **Prerequisite:** Music Literacy or basic ability to read music, chord charts, or tablature.
  **Enrollment required.** 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 Guitar Circle**
  Bring a guitar or borrow one of ours and sit in with other beginning guitarists Not necessary to be able to read music or chord charts but those that do are welcome.

- **Beginning 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. A basic exploration of music genres throughout time is also presented. **Prerequisite for Beginning Piano and Beginning Guitar.**

- **Beginning Piano**
  **Prerequisite:** Music Literacy or basic ability to read music.
  **Enrollment required.** 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.

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.

Beginning Pilates
Beginning intro to group Pilates.

Community Resources - Wellness Focused
You will learn about some amazing health, wellness, fitness and recreation resources that are available in your community and how to access them.

Diabetes Maintenance 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.

Fitness Class
For all fitness levels and modification can be made if needed. We will be doing a half hour of low impact workouts that incorporate strength, balance, flexibility, and endurance. As you continue with this program the exercises will get easier and easier.

Gaming Club
Come and participate in the comradery of good old fashion couch co-op gaming. A variety of games will be available to play in the Café.

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.

Healthy Relationships
This class provides interactive discussion and education on integrating positive and healthy relationships of all types into your life.

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
This class gives 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 learn more about. The benefits of attending this class is to bring spiritual recovery to one’s self and a spiritual connection to one another.
2Succeed Classes by Category

- **Nutrition and Exercise for Wellness and Recovery (NEW-R)**
  Evidenced-Based program that helps people with mental illnesses approach weight loss with “intentionality” and gain new knowledge and skills for healthier eating and physical activity. This trauma-informed class meets once a week for sixty minutes.

- **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.

- **Walking Class**
  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.

- **YMCA Workout**
  We go to the downtown YMCA to use their wonderful facilities which include a gym, track and workout equipment the University Hills location to take advantage of the pool for swimming. Come dressed in workout clothes or use a locker at the Y.

- **Yoga Nidra**
  Known as yogic sleep—is a meditation and conscious relaxation practice that is intended to induce total physical, mental, and emotional relaxation. Aside from being relaxing, restorative and restful, studies have shown that yoga nidra can also ease insomnia, decrease anxiety, alleviate stress, reduce PTSD, chronic pain and chemical dependency, heighten awareness and focus, transform negative habits, behaviors and ways of thinking, and foster feelings of peace, calm and clarity.

- **Zumba Dance Jam**
  Low to moderate group dance class.
# 2Succeed Daily Class Schedules

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Time</th>
<th>Instructor / Facilitator</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td><strong>WLS</strong></td>
<td>Art Room 118</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
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<tr>
<td>Open Art Studio</td>
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<tr>
<td><strong>GEN</strong></td>
<td>Room 234</td>
<td>9 - 10 a.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td>Drop-in Peer Support</td>
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<td>and Resources</td>
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<tr>
<td><strong>WLS</strong></td>
<td>Wellness Room 244</td>
<td>10 - 11 a.m.</td>
<td>Stephanie Snelgrove</td>
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<tr>
<td>Meditation</td>
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<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>10 - 11 a.m.</td>
<td>Cari Ross/Doug Reed</td>
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<tr>
<td>Website Design</td>
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<tr>
<td><strong>GEN</strong></td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td>Writer’s Workshop</td>
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<tr>
<td><strong>WLS</strong></td>
<td>Downtown YMCA</td>
<td>10 a.m.- 12 noon</td>
<td>Janelle Hassell</td>
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<tr>
<td>YMCA</td>
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<tr>
<td><strong>GEN</strong></td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>Basic Spanish</td>
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<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
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<tr>
<td>Keyboard Skills</td>
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<tr>
<td><strong>WLS</strong></td>
<td>Conference Room 126</td>
<td>1 - 2:30 p.m.</td>
<td>Raymond Sedillo</td>
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<tr>
<td>Nutrition 200</td>
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<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio 118</td>
<td>1 - 3 p.m.</td>
<td>Participants</td>
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<tr>
<td>Knit, Crochet and</td>
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<tr>
<td>Needlework</td>
<td>Art Room 118</td>
<td>1 - 3 p.m.</td>
<td>Kristin Elise</td>
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<tr>
<td><strong>WLS</strong></td>
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<tr>
<td>Studio Art</td>
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<tr>
<td><strong>MUS</strong></td>
<td>Room 234</td>
<td>1:30 - 2 p.m.</td>
<td>Sarah Broadwell</td>
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<tr>
<td>Private Piano Lessons</td>
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<td></td>
<td>Need to be enrolled</td>
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<tr>
<td><strong>GEN</strong></td>
<td>Computer Lab Room 114</td>
<td>1:30 - 3:30 p.m.</td>
<td>Meredith Mills</td>
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<tr>
<td>Reading Skills</td>
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<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio 118</td>
<td>2 - 2:30 p.m.</td>
<td>Janelle Hassell</td>
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<tr>
<td>Fitness Class</td>
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<tr>
<td><strong>MUS</strong></td>
<td>Room 234</td>
<td>2 - 2:30 p.m.</td>
<td>Sarah Broadwell</td>
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<tr>
<td>Private Piano Lessons</td>
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<td></td>
<td>Need to be enrolled</td>
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<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>2 - 3 p.m.</td>
<td>Marbella Myers</td>
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<tr>
<td>Basic Computer Skills</td>
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<td>Need to be enrolled</td>
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<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio 210</td>
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<td>Need to be enrolled</td>
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<tr>
<td><strong>MUS</strong></td>
<td>Room 247</td>
<td>3 - 4 p.m.</td>
<td>Londa/Participants</td>
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<tr>
<td>Beginning Harmonica</td>
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<tr>
<td><strong>WLS</strong></td>
<td>First Floor Studio 210</td>
<td>3 - 4 p.m.</td>
<td>Vanessa Valdez</td>
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<tr>
<td>Zumba Dance Jam</td>
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<td><strong>Monday (continued)</strong></td>
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<tr>
<td><strong>WLS</strong></td>
<td>Gratitude and Wellbeing</td>
<td>3 - 4 p.m.</td>
<td>Janelle Hassell</td>
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<tr>
<td><strong>MUS</strong></td>
<td>Piano and Guitar Lab</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
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<tr>
<td><strong>Tuesday</strong></td>
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<td><strong>GEN</strong></td>
<td>Strategies to Wellness (VIMR)</td>
<td>10-11 a.m.</td>
<td>Marbella Myers</td>
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<tr>
<td><strong>GEN</strong></td>
<td>Vocabulary</td>
<td>10-11 a.m.</td>
<td>Raymond Sedillo</td>
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<td><strong>CPS</strong></td>
<td>Keyboard Skills</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Open Art Studio</td>
<td>1 - 3:45 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td><strong>CUL</strong></td>
<td>Culinary Team Meeting</td>
<td>1:30 - 2 p.m.</td>
<td>Culinary supervisor</td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Financial Empowerment</td>
<td>1:30 - 2:30 p.m.</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Microsoft Publisher 2016 Basics</td>
<td>1:30 pm - 3:30 p.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Make Computers Work for You</td>
<td>2 - 4 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Beginning Pilates</td>
<td>3 - 4 p.m.</td>
<td>Meredith Mills/</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Community Jam Session</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Microsoft Publisher Study Lab</td>
<td>3:30 pm - 4 p.m.</td>
<td>David McDonald</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>Wednesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Room 244</td>
<td>9 - 10 a.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Meditation</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>WLS</strong></td>
<td>Sally’s Café</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><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>Room 115</td>
<td>10–11 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Wellness Room 234</td>
<td>10–11 a.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Advanced Music Literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Supported Education</strong></td>
<td>Room 115</td>
<td>11 a.m. - 12 noon</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>Math for the College Bound</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Meet in Coffee Shop Area Café Market</td>
<td>1 - 1:30 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>Walking Group</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPS</strong></td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Independent Study / No Instruction</td>
</tr>
<tr>
<td>Keyboard Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>Basic Spanish</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Downtown YMCA</td>
<td>1 - 3 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>YMCA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>University Hills-Schlessman YMCA</td>
<td>1 - 4 p.m. 2nd/4th week of month</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>YMCA (with pool)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Conference Room 126</td>
<td>1:30 - 3 p.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>Life Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Room 234</td>
<td>1:30 - 2 p.m. Need to be enrolled</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MUS</strong></td>
<td>Room 234</td>
<td>2 - 2:30 p.m. Need to be enrolled</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Private Piano Lessons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Fitness Room 243</td>
<td>10–11 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>Fitness Buddies/Fitness Room</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GEN</strong></td>
<td>Computer Room 210</td>
<td>2 - 3:45 p.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>Reading Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WLS</strong></td>
<td>Room 244</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Mind, Body, Spirit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
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<tr>
<td>----------------</td>
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</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WLS</td>
<td>Open Art Studio</td>
<td>9 a.m. - 12 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS</td>
<td>Fitness Buddies/Fitness Room</td>
<td>10 - 11 a.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td>WLS</td>
<td>Therapeutic Dance/Movement</td>
<td>10 - 11 a.m.</td>
<td>Tajah Schall</td>
</tr>
<tr>
<td>WLS</td>
<td>Diabetes Maintenance</td>
<td>10 - 11 a.m.</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td>GEN</td>
<td>Reading Skills</td>
<td>10 a.m. - 12 noon</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td>CPS</td>
<td>Basic Computer Skills</td>
<td>10:30 - 11:30 a.m.</td>
<td>Marbella Myers</td>
</tr>
<tr>
<td>WLS</td>
<td>Yoga Nidra</td>
<td>11 a.m. - 12 noon</td>
<td>Stephanie Snelgrove</td>
</tr>
<tr>
<td>CPS</td>
<td>Keyboard Skills</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td>WLS</td>
<td>Open Art Studio</td>
<td>1 - 3:45 p.m.</td>
<td>Independent Work</td>
</tr>
<tr>
<td>WLS</td>
<td>Healthy Relationships</td>
<td>1:30 - 2:30 p.m.</td>
<td>Katherine Frank</td>
</tr>
<tr>
<td>GEN</td>
<td>High School Equivalency Math</td>
<td>2:30 - 4 p.m.</td>
<td>BB Ahaneku</td>
</tr>
<tr>
<td>MUS</td>
<td>Beginning Music Literacy</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>WLS</td>
<td>YMCA</td>
<td>3 - 5 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WLS</td>
<td>Open Art Studio</td>
<td>9 a.m. - 12 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td>GEN</td>
<td>Leadership in Well-Being</td>
<td>9 a.m. - 10 a.m.</td>
<td>Kathy Ehret</td>
</tr>
<tr>
<td>MUS</td>
<td>Ear Training</td>
<td>9:30 - 10 a.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>CPS</td>
<td>Microsoft Word 2016 Basics</td>
<td>9:30 a.m. - 11:30 a.m.</td>
<td>David McDonald</td>
</tr>
<tr>
<td>MUS</td>
<td>Advanced Music Literacy</td>
<td>10 - 11 a.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td>Class</td>
<td>Location</td>
<td>Time</td>
<td>Instructor / Facilitator</td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;New R Weight Loss Program</td>
<td>As Scheduled with Instructor</td>
<td>By appointment, only</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>GEN</strong>&lt;br&gt;(English as Second Language)</td>
<td>As Scheduled with Instructor</td>
<td>By appointment, only</td>
<td>Raymond Sedillo</td>
</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;Sassy Seat</td>
<td>Sally’s Café Dining Room</td>
<td>10 - 11 a.m.</td>
<td>Meredith Mills</td>
</tr>
<tr>
<td><strong>CUL</strong>&lt;br&gt;Culinary Orientation</td>
<td>Room 231</td>
<td>10 - 11 a.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Entry Level Computer Orientation</td>
<td>Computer Room 210</td>
<td>11 a.m. - 12 noon By appointment, only</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;Meditation</td>
<td>Wellness Room 244</td>
<td>11 a.m. - 12 noon</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;Fitness Class</td>
<td>First Floor Studio</td>
<td>11:15 - 12 noon</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Microsoft Word Study Lab</td>
<td>Computer Room 114</td>
<td>11:30 a.m. - 12 noon Class Closed</td>
<td>David McDonald Need to be Enrolled</td>
</tr>
<tr>
<td><strong>CUL</strong>&lt;br&gt;ServSafe Education</td>
<td>Room 247</td>
<td>1 - 2 p.m.</td>
<td>Culinary Supervisor</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Keyboard Skills</td>
<td>Computer Room 210</td>
<td>1 - 2 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>MUS</strong>&lt;br&gt;Beginning Guitar Circle</td>
<td>Sally’s Café Dining Room</td>
<td>1 - 2 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;Studio Art</td>
<td>Art Room 118</td>
<td>1 - 3 p.m.</td>
<td>Kristin Elise</td>
</tr>
<tr>
<td><strong>WLS</strong>&lt;br&gt;YMCA</td>
<td>Downtown YMCA</td>
<td>1 - 3 p.m.</td>
<td>Janelle Hassell</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Microsoft PowerPoint 2016</td>
<td>Computer Room 114</td>
<td>1:30 - 3:30 p.m. Class Closed</td>
<td>David McDonald Need to be Enrolled</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Gaming Club</td>
<td>Sally’s Café Dining Room</td>
<td>2 - 3 p.m.</td>
<td>Doug Reed</td>
</tr>
<tr>
<td><strong>MUS</strong>&lt;br&gt;Piano and Guitar Lab</td>
<td>Orientation Room 247</td>
<td>2 - 3 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>MUS</strong>&lt;br&gt;Drum Circle</td>
<td>Sally’s Café Dining Room</td>
<td>3 - 4 p.m.</td>
<td>Sarah Broadwell</td>
</tr>
<tr>
<td><strong>CPS</strong>&lt;br&gt;Microsoft PowerPoint Study Lab</td>
<td>Computer Room 114</td>
<td>3:30 - 4 p.m. Class Closed</td>
<td>David McDonald Need to be Enrolled</td>
</tr>
</tbody>
</table>
2Succeed Annual Picnic

You're invited!

2Succeed would like for you to join us at Congress Park for great fun, great food, and great friends!

August 8, 2019
9 a.m. – 3 p.m.

Bring a swimsuit and towel!

Congress Park is located at 8th Avenue and Josephine Street
Zumba Dance Jam

With Vanessa
Mondays: 3 – 4 p.m.
First Floor Studio
Basic Spanish Class
Mondays and Wednesdays,
Beginning August 5th!!!

1:00-2:00pm
Sally’s Cafe
COMPUTER COACHING
- BY APPOINTMENT -

Do you experience setup issues or confusion with your personal computer or 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

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)

New class starts in August
Meets Monday @ 2 p.m. to 3 p.m.
And Thursday @ 10:30 to 11:30 a.m.
In Computer Room 210
Collage for Self-Expression

Mondays and Fridays from 1-3 pm in the Art Studio

Join us in the art studio as we practice the art of self-expression for the month of August. Starting with an image of ourselves, we will then layer different mediums together to express our thoughts, feelings and values to create a unique one-of-a-kind piece of art that is all about each one of us! A wide range of materials are available for us to work with including magazine cut-outs, found papers, scrapbooking papers, paint, markers, fabric, and embellishments.
**Life Skills**

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

**August**
Self Esteem/Self-worth
(Tips on How to Increase It)

**September**
Safety/Security/Self Defense

**October**
Leadership/Skills /Delegation/
Organization

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**YMCA Schedule**

**Mondays**-Downtown YMCA
10 a.m. to 12 noon

**Wednesdays**-Downtown YMCA
1 - 3 p.m. (Janelle)

2nd/4th Wednesdays of the month-
University Hills Pool YMCA
1 - 4 p.m. (Meredith)

2nd/4th Thursdays of the month
Downtown YMCA
3 - 5 p.m.

Fridays-Downtown YMCA
1 - 3 p.m.

There will be no YMCA on August 26, 27 and 28 due to the Annual Retreat to Estes Park
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
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.

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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
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!
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.
Cultural Free Days
Denver-2019

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
☆ Saturday, August 3
☆ Thursday, September 12
☆ Tuesday, October 15

Denver Art Museum
General Admission is Free on the First Saturday of each Month
(720-865-5000)
100 West 14th Avenue Parkway, Denver
10 a.m. to 5 p.m.
www.denverartmuseum.org
☆ Saturday, August 3
☆ Saturday, September 7

Denver Botanic Gardens
(720-865-3500)
1005 York Street, Denver
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Tuesday, September 3
☆ Monday, November 11

Denver Botanic Gardens at Chatfield
(303-973-3705)
8500 Deer Creek Canyon Road, Littleton
9 a.m. to 5 p.m.
www.botanicgardens.org
☆ Tuesday, August 6
☆ Tuesday, November 5

Denver Museum of Nature & Science
(303-322-7009)
2001 Colorado Boulevard, Denver
9 a.m. to 5 p.m.
www.dmns.org
☆ Monday, August 26
☆ Sunday, September 29
☆ Monday, October 14
☆ Sunday, November 17
☆ Sunday, December 8

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
☆ Monday, November 4
☆ Friday, November 8

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, August 9
☆ September 13
☆ October 11
☆ November 8
☆ December 13

Always call ahead to verify event information!
# 2Succeed Social Activities - August 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>29</strong></td>
<td></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td><strong>2</strong></td>
</tr>
<tr>
<td>Open Mike / Karaoke 4:45 - 5:45 p.m. (RS)</td>
<td><strong>Broncos Training Camp</strong> 9 am - 12 pm (DR) <strong>Cider and Chai Night</strong> In House 5 - 6 p.m. (BB/DR)</td>
<td><strong>Ice Cream Social @ Sweet Action</strong> 4:30 - 6 p.m. (JH/MMB)</td>
<td><strong>Movie Time</strong> 1-4 p.m. (DR) <strong>Bowling</strong> 2:45—5 p.m. (JH) <strong>Student Support Group</strong> 4:30 - 5:30 p.m. (BB) <strong>Trivia</strong> 5-6 p.m. (BB)</td>
<td>Community Forum Sally’s Café 11 - 11:30 a.m. (VV) Bingo 5 – 5:45 p.m. (MM)</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
</tr>
<tr>
<td>Open Mike / Karaoke 4:45 - 5:45 p.m. (DR)</td>
<td><strong>Coffee Club @ Starbucks’</strong> 4:30 - 6 p.m. (DR/MMB)</td>
<td><strong>August Birthday Celebration</strong> during lunch <strong>Community Fellowship and Conversation</strong> 5 - 6 p.m. (MMB)</td>
<td><strong>2Succeed Annual Picnic at Congress Park</strong> 9 am to 3 pm <strong>No Orientation</strong> <strong>2Succeed Building Closed</strong></td>
<td>Community Forum Sally’s Café 11 - 11:30 a.m. (VV) Bingo 5 – 5:45 p.m. (MM)</td>
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<td>12</td>
<td><strong>Open Mike / Karaoke</strong> 4:45 - 5:45 p.m. (JH)</td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
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<tr>
<td>Open Mike / Karaoke 4:45 - 5:45 p.m. (JH)</td>
<td><strong>Cider &amp; Chai Night</strong> In House 5-6 p.m. (RS/MM)</td>
<td><strong>Ice Cream Social @ Yogurt Land</strong> 4:30 - 6 p.m. (MMB/JH)</td>
<td><strong>Movie Time</strong> 1-4 p.m. (DR) <strong>Bowling</strong> 2:45—5 p.m. (JH) <strong>Student Support Group</strong> 4:30 - 5:30 p.m. (BB) <strong>Just Dance</strong> 5-6 p.m. (JH)</td>
<td>Community Forum Sally’s Café 11 - 11:30 a.m. (VV) Bingo 5 – 5:45 p.m. (MM)</td>
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<tr>
<td>19</td>
<td><strong>Fishing-Evergreen Lake</strong> 9 a.m. - 4 p.m. (JH/SS)</td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
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<tr>
<td>Open Mike / Karaoke 4:45 - 5:45 p.m. (SB)</td>
<td><strong>Coffee Club @ Pablo’s</strong> 4:30 - 6 p.m. (SS/MMB)</td>
<td><strong>In-House Ice Cream and Game Night</strong> 5 - 6 p.m. (BB/MM)</td>
<td><strong>2Succeed Closed</strong> @ 11:30 a.m. Lunch @ 11 am</td>
<td>Community Forum Sally’s Café 11 - 11:30 a.m. (VV) Bingo 5 – 5:45 p.m. (MM)</td>
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<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
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<tr>
<td>Retreat @ YMCA Estes Park (RS/MM/JH)</td>
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<td><strong>Retreat @ YMCA Estes Park</strong> (RS/MM/JH)</td>
<td><strong>Movie Time</strong> 1-4 p.m. (DR) <strong>Student Support Group</strong> 4:30 - 5:30 p.m. (KEH) <strong>Trivia</strong> 5-6 p.m. (SS)</td>
<td>Community Forum Sally’s Café 11 - 11:30 a.m. (VV) Bingo 5 – 5:45 p.m. (RS)</td>
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<td><strong>29</strong></td>
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<td><strong>30</strong></td>
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</table>

*Note: Activities are subject to change as necessary due to weather and/or other unanticipated circumstances.*
Weekly Sales August 2019

Week 1  Buy 1 Planter’s Trail Mix get 2nd for 50 cents!
Week 2  Buy 1 LaCroix Sparkling Water get 2nd for 40 cents!
Week 3  Buy 1 Snickers Candy Bar get 2nd for 50 cents!
Week 4  Buy 1 Ice Cream Sandwich 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