

September Calendar

Monday

9:15 Mindfulness am 9:30 Music for Wellness am 11:00 Community am Meeting 11:30 Lunch am 12:30 Sports Talk pm



Creative Writing

1:30

pm

Tuesday

9:15 Mindfulness am 9:30 Music for Wellness am 11:00 Community am Meetina 11:30 Lunch am 12:30 Down the Rabbit Hole pm 1:30 Spirituality pm



Wednesday

9:15 Mindfulness am 9:30 Music for Wellness am 11:00 Community am Meeting 11:30 Lunch am 12:30 **Empower Hour** pm 1:30 Movement mg



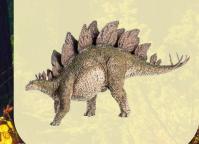
Thursday

9:15 **Brain Games** am 11:00 Community Meeting am 11:30 Lunch am 12:30 Men's **Empowerment** pm 12:30 Women's pm **Empowerment** 1:30 Creative Corner pm



Special Events

Monday **CLOSED** for Labor Dav 9/2 Friday Movies & 9/6 Pajamas **Thursday** Member Forum 9/12 **Friday** Dinosaur Ridge 9/13 in Morrison Friday Birthday Bash 9/20 Bingo Friday Community 9/27 Clean Up Day



Ancillary Services (open M - F except 11 am - 12 pm):

Case Management | Clothing Closet | Peer Support | Food Pantry

September Menu

Served Monday - Friday, 11:30 am - 12 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CLOSED for Labor Day	3 Pancakes Scrambled Eggs, & Bacon	4 Chicken Fajitas, Tortillas, & Spanish Rice	5 Italian Sliders & French Fries	6 Pizza	7
8	9 Philly Cheesesteak Pasta	Biscuits, Gravy, Sausage, & Eggs	11 Chicken Alfredo Flatbread & Chips	12 Smothered Burritos	13 FFFFFF Boxed Lunches	14
15	16 Meatballs in Gravy & White Rice	17 Ham Breakfast Casserole	18 Fried Rice	19 Enchiladas & Rice	20 Loaded Nachos & Birthday Cake	21
22	23 Kielbasa, Potatoes, & Veggies	24 French Toast Sticks & Sausage	25 Hamburger Goulash & Tortillas	26 Bourbon Chicken & White Rice	27 Mongolian Ground Beef & Noodles	28
29	30 Country Bowl					