

# September Calendar

## Monday

- 9:15 am** Mindfulness
- 9:30 am** Music for Wellness
- 11:00 am** Community Meeting
- 11:30 am** Lunch
- 12:30 pm** Sports Talk
- 1:30 pm** Creative Writing



## Tuesday

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



## Wednesday

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



## Thursday

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



## Special Events

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



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

Case Management | Clothing Closet | Peer Support | Food Pantry

690 W. 84th Ave. Thornton, CO 80260 | 303-451-4288 | M - Th, 8:30 am - 4 pm | Fri, 10 am - 4 pm



# 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	10 Biscuits, Gravy, Sausage, & Eggs	11 Chicken Alfredo Flatbread & Chips	12 Smothered Burritos	13  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					

\*Meals are subject to change without notice.