



October 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

Spirit Week: 10/28
Magic Monday



Tuesday

9:15 am Mindfulness

9:30 am Music for Wellness

11:00 am Community Meeting

11:30 am Lunch

12:30 pm Rising Above

1:30 pm Spirituality

Spirit Week: 10/29
Tops to Tuesday



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

Spirit Week: 10/30
Wacky Wednesday



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

Spirit Week: 10/31
Thriller Thursday



Special Events

Friday 10/4 Karaoke & Games

Thursday 10/10 Member Forum

Friday 10/11 Movies & Pajamas

Friday 10/18 Pumpkin Patch Outing

Friday 10/25 Guess the baby & Birthday Bash Bingo!

Thursday 10/31 Halloween Spooktacular Celebration

Spirit Week: 11/1
Dia de Los Muertos Movie & Pajamas



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

OCTOBER MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Breakfast Casserole	2 Smothered Burrito Bake	3 Stir Fry & White Rice	4 Pizza	5 
6 	7 Beef Stroganoff	8 Biscuits & Gravy, Casserole, Eggs, & Sausage	9 Bell Pepper Casserole	10 Pork Asian Noodles	11 Boxed Lunches Baked Potato Soup	12 
13 	14 Pork Red Chili, Rice, & Beans	15 Ham Breakfast Casserole	16 Country Bowl	17 Sausage Fettucine Alfredo	18 Green Enchiladas & Rice	19 
20 	21 Baked Beans & Ground Beef	22 French Toast Bake	23 Chicken Noodle Casserole	24 Hamburger Goulash	25 Loaded Nachos & Birthday Cake	26 
27 	28 Beef & Onion Pasta	29 Pancake Casserole, Eggs, & Bacon	30 Chicken Noodle Soup	31 Spooky Spaghetti & Meatballs HALLOWEEN	1 NOVEMBER Soft Tacos & Rice	

*Meals are subject to change without notice.