

January 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 Budgeting 101



Tuesday

9:15 am Mindfulness

9:30 am Music for Wellness

11:00 am Community Meeting

11:30 am Lunch

12:30 pm Creative Corner

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 Living with Depression

1:30 pm Movement



Thursday

9:15 am Strategic Shenanigans

11:00 am Community Meeting

11:30 am Lunch

12:30 pm Men's Empowerment

1:30 pm Women's Empowerment



Special Events

Friday 1/3 Karaoke & Games

Friday 1/3 Zoo Lights @ 5 PM

Thursday 1/9 Member Forum

Friday 1/10 Recovery Movie

Friday 1/17 Trash Tournament

Monday 1/20 CENTER CLOSED

Friday 1/24 Birthday Bash Bingo

Friday 1/31 Movies & 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

January Menu

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CENTER CLOSED	2 Teriyaki Chicken & White Rice	3 Pizza 	4
5	6 Country Bowl	7 Breakfast Casserole	8 Chilli Cheese Dog Bake	9 Sausage Alfredo & Broccoli	10 Kielbasa, Potatoes, & Veggies 	11
12	13 Cuban Beans & Rice	14 Biscuits & Gravy Casserole & Eggs	15 Beef & Barley Soup	16 Enchiladas, Beans, & Rice	17 Chicken Noodle Soup 	18
19 	20 CENTER CLOSED MLK Day	21 Breakfast Casserole	22 Spaghetti & Meatballs	23 Mongolian Beef & Noodles	24 Loaded Nachos & Birthday Cake 	25
26	27 Broccoli & Cheddar Soup	28 Breakfast Casserole	29 Fried Rice & Egg Rolls	30 Chicken Fajitas & Rice	31 Chicken in Gravy & Mashed Potatoes 	

***Meals are subject to change without notice.**