

February 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 Thriving Under Pressure



Tuesday

9:15 am Mindfulness

9:30 am Music for Wellness

11:00 am Community Meeting

11:30 am Lunch

12:00 pm Movement

12:30 pm Creative Corner

1:30 pm Spirituality



Wednesday

9:15 am Mindfulness

9:30 am Music for Wellness

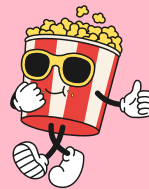
11:00 am Movement

11:30 am Lunch

12:00 pm Community Meeting

12:30 pm Living with Depression

1:30 pm Popcorn Pals



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 2/7 Karaoke & Games

Thursday 2/13 Member Forum

Friday 2/14 Valentine's Day Celebration

Monday 2/17 CENTER CLOSED

Friday 2/21 Birthday Bash Bingo

Friday 2/28 Butterfly Pavilion








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

February Menu

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Meatballs, Gravy, & White Rice	4 Breakfast Casserole	5 Bell Pepper Casserole	6 Soft Tacos, Spanish Rice, & Beans	7 Pizza	8 
9	10 Country Bowl	11 Ham & Cheese Breakfast Casserole	12 Chicken Chili & Tortillas	13 Hamburger Goulash	14  Valentine's Day Celebration	15
16	17  CENTER CLOSED	18 Biscuits & Gravy Casserole, Eggs, & Sausage	19 Fried Rice	20 Smothered Burritos	21 Loaded Nachos & Birthday Cake	22 
23	24 Enchiladas, Beans, & Rice	25 French Toast, Scrambled Eggs, & Sausage	26 Spaghetti & Meatballs	27 Chili Cheese Dogs & Chips	28  Cuban Beans & Rice	

*Meals are subject to change without notice.