



July 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 7/1 Center opens at 10 am

Thursday 7/4 CLOSED for 4th of July

Friday 7/5 Independence Day Cook out

Thursday 7/11 Member Forum

Friday 7/12 Ice Cream Social & Community Cleanup

Friday 7/19 Birthday Bash Bingo

Friday 7/26 Four Mile Historic Park



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

July Menu

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Bratwurst & Tater Tots	2 Ham Breakfast Casserole	3 Stir Fry & White Rice	4  HAPPY Independence DAY CENTER CLOSED	5 Cook Out: Burgers, Watermelon, Chips & Potato Salad 	6
7	8 Hamburgers & Chips	9 Pancakes Scrambled Eggs, & Bacon	10 Italian Sliders & French Fries	11 Cuban Beans & Rice	12 Ice Cream Social & Pizza 	13
14	15 Stuffed Bell Pepper Casserole	16 Biscuits, Gravy, Sausage, & Eggs	17 Chicken Nuggets, Mac n Cheese, & Tater Tots	18 Goulash	19 Loaded Nachos & Birthday Cake 	20
21	22 Mongolian Ground Beef & Noodles	23 Ham Breakfast Casserole	24 Country Bowl	25 Chicken Fajitas & Spanish Rice	26 Boxed Lunches 	27
28	29 Tacos & Spanish Rice	30 French Toast, Scrambled Eggs, & Sausage	31 Stir Fry			

*Meals are subject to change without notice.