



May Calendar

Monday

- 8:30 am** Coffee Talk
- 9:30 am** Music for Wellness
- 10:30 am** Mindfulness
- 11:00 am** Community Meeting
- 11:30 am** Lunch
- 12:30 pm** Sports Talk
- 1:30 pm** Walk in the Park



Tuesday

- 9:15 am** Trivia Tuesdays
- 10:30 am** Mindfulness
- 11:00 am** Community Meeting
- 11:30 am** Lunch
- 12:00 pm** Movement
- 12:30 pm** Creative Corner
- 1:30 pm** Spirituality



Wednesday

- 8:30 am** Coffee Talk
- 9:30 am** Music for Wellness
- 10:30 am** Mindfulness
- 11:00 am** Community Meeting
- 11:30 am** Lunch
- 12:00 pm** Movement
- 12:30 pm** Healthy Habits
- 1:30 pm** Popcorn Pals



Thursday

- 9:15 am** Trivia Thursdays
- 10:30 am** Mindfulness
- 11:00 am** Community Meeting
- 11:30 am** Lunch
- 12:30 pm** Men's Empowerment
- 1:30 pm** Women's Empowerment



Special Events

- Friday 5/2** Karaoke & Games
- Monday 5/5** Cinco de Mayo Celebration
- Thursday 5/8** Member Forum at 11AM
- Thursday 5/8** Railroad Museum
- Friday 5/9** Birthday Bash Bingo
- Monday 5/12** Community Clean-up
- Wed. 5/14** CAP Meeting at 11AM
- Friday 5/16** CENTER CLOSED
- Friday 5/23** Celestial Seasonings
- Monday 5/26** CENTER CLOSED
- Friday 5/30** Redline Contemporary Art Center

Ancillary Services (open M - F except 11 am - 12:30 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

May Menu

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Stir Fry & White Rice	2 Pizza	3 
4	5 Tacos & Rice	6 Country Bowl	7 Breakfast Pizza Bagel & Hashbrowns	8 Smothered Green Chili Fries <i>Member of the month pick!</i>	9 Loaded Nachos & Birthday Cake	10 
11	12 Beef Stroganoff	13 French Toast Sticks & Sausage	14 Enchiladas & Rice	15 Spicy Chicken Sandwiches & Fries	16 CENTER CLOSED	17 
18	19 Goulash	20 Smothered Bean Burrito Bake	21 Breakfast Casserole	22 Mongolian Beef & Noodles	23 Hot Dogs with Mac & Cheese	24 
25	26 CENTER CLOSED 	27 Meatballs in Gravy & White Rice	28 Asian Noodles	29 Posole	30 Biscuits & Gravy Bake with Scrambled Eggs	31 

*Meals are subject to change without notice.