A.W.A.R.E. CENTER
Appreciating Wellness and Recovery Empowerment

OCTOBER CALENDAR

Monday

Brain Morning Activation
- **10:00 AM** Rise & Thrive

Connection
- **11:00 AM** Community Circle
- **11:30 AM** Lunch

Activities
- **12:15 PM** Sports Talk
- **1:15 PM** Trivia & Games

SPOOKY SPIRIT WEEK
10/27 Spooky Color Day

Tuesday

Body Morning Activation
- **9:30 AM** Stretching
- **10:00 AM** Calm Within

Connection
- **11:00 AM** Community Circle
- **11:30 AM** Lunch

Wellness
- **12:15 PM** Rooted Within
- **1:30 PM** Walk in the Park

SPOOKY SPIRIT WEEK
10/28 Haunted Hat Day

Wednesday

Brain Morning Activation
- **10:00 AM** Less Chaos, More Coping

Connection
- **11:00 AM** Community Circle
- **11:30 AM** Lunch

Arts
- **12:15 PM** Healing Through Art 10/8 & 10/22
- **12:30 PM** Redline Contemporary 10/1, 10/15, & 10/29

SPOOKY SPIRIT WEEK
10/29 Creepy Cartoons & Pajamas

Thursday

Body Morning Activation
- **9:30 AM** Stretching
- **10:00 AM** Snack & Chat

Connection
- **11:00 AM** Community Circle
- **11:30 AM** Lunch

Recovery & Empowerment
- **12:15 PM** Women's Empowerment
- **1:30 PM** Mindful Men

SPOOKY SPIRIT WEEK
10/30 Haunted Tee Day

Events & Community

Date	Event
Thursday 10/2	Railroad Museum
Friday 10/3	Spooky Movie
Weds. 10/8	CIT Luncheon
Friday 10/10	Great Leaf Getaway
Friday 10/17	Pumpkin Patch
Friday 10/24	Birthday Bash Bingo
Friday 10/31	Monster Mash Bash

SPOOKY SPIRIT WEEK
10/31 Costume Day

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

OCTOBER MENU

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Pancakes, Egg Rounds, & Bacon	2 Sack Lunches	3 Pizza	4
5	6 Breakfast Pizza Bagels & Hashbrowns	7 Italian Sliders & Fries	8 Bell Pepper Casserole	9 Chili, Beans, & Crackers	10 Sack Lunches	11
12	13 Sausage Fettuccine Alfredo	14 Chicken Asian Noodes	15 French Toast, Eggs, & Bacon	16 Enchiladas, Rice, & Beans	17 Sack Lunches	18
19	20 Southwest Chicken & Rice	21 Country Bowl	22 Pancakes, Eggs, & Sausage	23 Hamburger Goulash	24 Loaded Nachos & Birthday Cake	25
26	27 Chicken Bacon Ranch Pasta	28 Mongolian Beef Noodles	29 Tomato Soup & Grilled Cheese	30 Biscuits, Gravy, Sausage, & Eggs	31 Spooky Spaghetti & Meatballs HALLOWEEN	

*Meals are subject to change without notice.