

# February Calendar

## Monday

### Brain Morning Activation

9:15 AM  
Trivia & Games

10:00 AM  
Read & Recharge

### Connection

11:00 AM  
Community Circle

11:30 AM  
Lunch

### Activities

12:15 PM  
Sports Talk

1:30 PM  
Reader's Retreat



## Tuesday

### Body Morning Activation

9:30 AM  
Rooted Within

10:45 AM  
Stretch & De-stress

### Connection

11:00 AM  
Community Circle

11:30 AM  
Lunch

### Wellness

12:15 PM  
Calm Within

1:30 PM  
Truth Seekers



## Wednesday

### Brain Morning Activation

9:30 AM  
Wellness Wednesday

10:00 AM  
Life Skills for Stability

### Connection

11:00 AM  
Community Circle

11:30 AM  
Lunch

### Arts

12:30 PM  
Healing Through Art



## Thursday

### Body Morning Activation

9:30 AM  
Snack Safari

10:45 AM  
Stretch & De-Stress

### Connection

11:00 AM  
Community Circle

11:30 AM  
Lunch

### Recovery & Empowerment

12:15 PM  
Women's Empowerment

1:30 PM  
Mindful Men



## Events & Community

**Friday**  
**2/6** Hammond's Candy Factory

**Thursday**  
**2/12** Member Forum

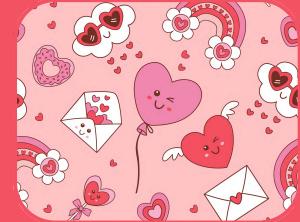
**Friday**  
**2/13** Birthday Bash Bingo

**Monday**  
**2/16** CENTER CLOSED

**Weds.**  
**2/18** CAP Meeting

**Friday**  
**2/20** Movies, PJs, & Cereal, oh my!

**Friday**  
**2/27** Butterfly Pavilion



**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

# February Menu

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2  
Chicken Alfredo  
Flat Bread  
& Chips

3  
Country Bowl &  
Dinner Rolls

4  
Smothered  
Burritos

5  
Pancakes, Egg  
Rounds, & Bacon

6  
Posole

7



8

9  
Chicken Fried  
Rice & Egg Rolls

10  
Breakfast Bagel  
& Hashbrowns

11  
Chili & Crackers

12  
Broccoli Cheese  
Rice & Chicken

13  
HAPPY  
BIRTHDAY  
Loaded Nachos  
& Birthday Cake

14

Happy  
Valentine's  
Day!

15

16  
HAPPY  
Presidents  
Day  
CENTER CLOSED

17  
Mongolian Beef  
& Noodles

18  
Biscuits &  
Gravy with  
Sausage & Eggs

19  
Beef & Bean  
Burritos with  
Chips

20  
Spaghetti &  
Meatballs

21



22

23  
Chorizo, Potato,  
& Egg Burritos  
with Tater Tots

24  
Chicken, Bacon,  
& Broccoli Pasta

25  
Chile Rojo with  
Rice & Beans

26  
Asain Noodles,  
Stir Fry Veggies,  
& Egg Rolls

27  
Sack Lunches

28



\*Meals are subject to change without notice.