




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  Loaded Nachos & Birthday Cake	14 
15	16  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, Stiry Fry Veggies, & Egg Rolls	27 Sack Lunches	28 
						

*Meals are subject to change without notice.