



April Calendar

Monday

Brain Morning Activation

9:15 AM
Trivia & Games

10:00 AM
Read & Recharge

Connection

11:00 AM
Moving Mindfully

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
Moving Mindfully

11:30 AM
Lunch

Wellness

12:15 PM
Calm Within

1:30 PM
Deep Dive



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 (4/8 & 4/22)
Healing Through Art

12:30 PM (4/1, 4/15, 4/29)
Redline Art Center



Thursday

Body Morning Activation

9:30 AM
Snack Safari

10:45 AM
Stretch & De-Stress

Connection

11:00 AM
Moving Mindfully

11:30 AM
Lunch

Recovery & Empowerment

12:15 PM
Women's Empowerment

1:30 PM
Mindful Men



Events & Community

Friday 4/3 Sing, Laugh, & Play

Friday 4/10 Pool Tournament

Friday 4/10 LGBTQIA+ Connection

Monday 4/13 Nature & Science Museum

Weds. 4/15 Consumer Advisory Panel

Friday 4/17 Earth Day Celebration

Weds. 4/22 Denver Botanical Gardens

Friday 4/24 Birthday Bash Bingo

IMPORTANT: Meals will continue to be provided at the AWARE Center. More details coming soon.



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