



# October Calendar

## MONDAY

9:30 am Musical Monday

11:30 am Lunch

12:30 pm Movie Monday

## TUESDAY

9:30 am Rooted Within

10:30 am Sports Talk

11:00 am Community Circle

11:30 am Lunch

12:30 pm LGBTQIA+ Connection

1:30 pm Resilient Women

## WEDNESDAY

10:00 am Wellness Wednesdays

11:00 am Community Circle

11:00 am Ambassador Meeting 10.7

11:30 am Lunch

12:30 pm Redline Art Center 10.7 & 21

12:30 pm Healing Through Art 10.14 & 28

1:30 pm Walk in the Park 10.14 & 28

## THURSDAY

9:30 am Snack Safari

10:45 am Moving Mindfully

11:00 am Community Circle

11:30 am Lunch

12:30 pm Write Your Story

1:30 pm Readers Retreat

## FRIDAY

9:30 am Musical Friday

11:30 am Lunch

1:30 pm Trivia & Games

## SATURDAY

9:30 am Showtime Saturday

11:30 am Lunch

12:30 pm Sing, Play, & Connect

## SPECIAL EVENTS

Fri 10.2 Maize in the City

Sat 10.3 Thornton Harvest Fest

Fri 10.9 Yin Yoga and Sound bath – Nature Library

Wed 10.14 Your Voice Your CRC

Fri 10.16 Nature in the Neighborhood – Nature Library

Wed 10.21 CIT Luncheon

Fri 10.23 Birthday Bash Bingo!

Fri 10.30 Halloween Celebration

Sat 10.31 Halloween Movie



**Ancillary Services** Open Mon - Sat; lunch served 11:30a - 12p; services paused 11a - 12:30p:

Case Management | Clothing Closet | Peer Support | Food Pantry

690 W. 84th Ave. Thornton, CO 80260 | 303-451-4288 | M - Th & Sat, 8:30a - 4p | Fri, 10a - 4p



# Group Descriptions



**Community Circle** - This group offers members the opportunity to connect with their community, learn about local events and available resources, and practice conversational and social skills that support overall mental wellbeing.

**Healing Through Art** - This group provides a space where individuals can freely express thoughts and feelings through different art mediums (painting, drawing, sculpture, collage, and more.) Individuals can explore their emotions and express themselves through art, offering a unique tool for self-discovery and healing.

**LGBTQIA+ Connection** - This group meets every week to provide connection to anyone age 18 and older who identifies as part of the LGBTQIA+ community or allies of the LGBTQ+ community. This support group will include discussion, definition/terms, resources, etc.

**Moving Mindfully** - This group enhances physical wellbeing through low-intensity movements and activity. Members explore the relationship between physical health and mental wellness while engaging in accessible, body-positive exercise.

**Readers' Retreat** - This group supports members in maintaining wellness in a community setting by practicing socialization, building knowledge, and managing emotions. Members develop practical life skills – including checking out and returning library materials, asking for assistance, locating community resources, and navigating technology

**Redline Art Center** - In partnership with Redline Contemporary Art Center, members came together to explore emotions and develop coping skills through creative expression. Members gain access to a variety of art mediums – including painting, drawing, and collage – in a welcoming community arts environment.

**Resilient Women** - This group offers a safe, affirming space for women to explore topics specific to their mental health journey, including TOPIC. Staff facilitate discussion and encourage peer support while honoring each member's unique experience.

**Rooted Within** - This group offers a safe, inclusive space for members to explore personal beliefs, values, and sources of meaning – whether spiritual, religious, cultural, or personal. Through open conversation and reflection, members deepen self-awareness, build resilience, and connect with others in a respectful, nonjudgemental setting.

**Sports Talk** - This group promotes socialization and communication through a favorite subject of sports and help members learn how to have healthy and meaningful conversations.

**Snack Safari** - Members participate in a structured group activity featuring educational videos that highlight diverse cultures, geographic regions, and cuisines. This group promotes intellectual wellness, cultural awareness, and social skill development through shared exposure to global traditions and perspectives.

**Trivia & Games** - This group promotes social wellness through games and activities that encourage interaction, communication, and fun. By engaging in memory, focus, and problem-solving skills, members benefit from afternoon mental stimulation to keep minds working after lunch.

**Walk In The Park** - This group supports physical and environmental wellness through low-intensity outdoor movement. Members benefit from fresh air, a positive natural setting, and the opportunity for informal peer connection while engaging in gentle physical activity.

**Write Your Story** - This group offers an opportunity for members to express themselves through written word, through poetry, journaling, free writing, and other writing styles. Members will optionally share their writing and through staff facilitation, will discuss their writing and how it is relevant to their unique experience.