

# Chinook Weekly News

Monday, February 20th- Sunday, February 26th

## Daily Schedule

All services at 1000 Alpine.

### Monday:

8:00 Lab opens  
10:00 Job Club  
10:00 Ready Set Go  
11:00 Open Hours  
4:15 Lab Closes

### Tuesday:

8:00 Lab Opens  
1:00 Computer Tutoring  
11:00 Video Production  
3:00 Bowling  
4:15 Lab Closes

### Wednesday

8:00 Lab Opens  
9:30 Computer Tutoring  
10:00 Voices in Recovery  
12:30 Brain Games  
2:00 Job Club  
4:15 Lab Closes

### Thursday:

8:00 Lab Opens  
10:00 Lab Closes for CET  
11:00 Lab Reopens  
1:30 Lab Closes for CET  
2:30 Lab Reopens  
4:15 Lab Closes

### Friday:

8:00 Lab Opens  
9:30 Computer Training  
11:00 Video Production  
4:15 Lab Closes

### Saturday:

10:30 Star Wars Denver  
Art Museum

Sunday: Chinook Closed

## Lunch Menu

Monday: Roasted Chicken

Tuesday: Taco Tuesday

Wednesday: Smorgasbord

Thursday: Frito Pies

Friday: Burger Friday



\* Menu is subject to change

## Guiding Principle #10

*Respectful and Compassionate Partnerships*

We believe in striving for genuinely respectful and compassionate partnerships



## Happy Birthday

2/20

Nichole D.R.

2/23

Marilyn M.

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## Chinook Cooks!

Food Service Training Program

For more information contact

Sera @

303-545-0808



Mondays  
10 a.m. to 11 a.m.  
classroom #2

Learn:

social media

stress management

effective communication

**BOWLING!**



Tuesday,  
February 24th

\$1 first game.

\$2 each additional game

Sign-up sheet goes up  
Wed. February 15th

Leaving RWC at  
3:00 PM  
Leaving Sherman  
WEC  
at 3:45 PM

Chinook membership required

## Voices in Recovery

Drop-in emotional support group  
Wednesdays-10am-11am  
Ryan Wellness Center-Classroom 3  
Contact Kari G at 720-822-1396  
With questions



At Chinook  
Office  
Services

## COMPUTER TUTORING

Tuesdays 1:00  
Wednesdays 9:30  
Fridays 9:30



Job Club

Mon. - 10 am

Weds. - 2 pm

Work on resumes and job search

March Social Events Planning

Monday, Feb. 20th

12:30pm during lunch  
@ Chinook Cafe



## Brain Games

Wednesdays 12:30 -1:30

For more information  
contact Micci



## First Wednesday Breakfast

The first Wednesday of every  
month, the Chinook Café  
serves breakfast. Join us for  
a nutritious, tasty meal at a  
rock bottom price!



Wednesday, March 1st, 8 to 10 am

**STAR  
WARS**  
AND THE POWER OF  
**COSTUME**



@ Denver Art Museum

Leaving RWC Parking Lot

Saturday,

February 25th @ 10:30am

\$1 to reserve  
your spot

Sign-up sheet opens

Wed. February 15th

@8am

Chinook membership required