

Chinook Weekly News

Monday, July 10th- Sunday, July 16th

Daily Schedule

All services at 1000 Alpine.

Monday:

8:00 Lab Opens
9:00 Computer Tutoring
10:00 Job Club
1:15 Safe Harbor
4:00 Lab Closes

Tuesday:

8:00 Lab Opens
1:00 Computer Tutoring
11:00 Video Production
2:00 Movie: Secret Life of Pets
4:00 Lab Closes

Wednesday

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

Thursday:

8:00 Lab Opens
1:30 Lab Closes for CET
1:30 Garden Group
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: Chinook Closed

Sunday: Chinook Closed

Lunch Menu

Monday: Grilled Steak

Tuesday: Fish or Tofu Tacos

Wednesday: Piizzzaaa!

Thursday: Chicken or Eggplant Parmesan

Friday: Buffalo Chicken or
Tempah
Sandwiches



* Menu is subject to change

Guiding Principle # 4

Recognizing and Valuing cultural differences

There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma, cultural background in all of its diverse representations.



Happy Birthday

Leanne W.

7/14

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Garden Group
Thursdays
1:30-2:30pm
Bring Sun
Protection!
Meet on the patio!
Cancelled just for 7/6



Job Club

Mon. - 10 am

Weds. - 2 pm

Work on resumes and job search

Afternoon Billiards



at CU's UMC



Cost is
\$2.00

Tuesday, July 18th
Leaving RWC @ 1:00pm
Sign-up Sheet goes up 7/12/17

Chinook Membership Required

August Social Events Planning

Wednesday, 7/19

12:00pm

during lunch

@ **Chinook Café'**



Video Production



Tues. & Thurs.
Chinook Office Services

- Work with cameras, sound, and lights
- Write scripts and lead interviews
- Edit video

Contact Cameron (303) 545-0863

Denver Zoo

Sat. July 22nd

\$1 to
Reserve
Spot

Leaving RWC @ 11:00
Returning at 6:00pm



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

Cancelled just for 7/5

Safe Harbor
Spirituality Group
Monday, July 10th
@ 1:15 P.M.



At Chinook
Office
Services

COMPUTER TUTORING

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

Secret Life of Pets

2:00pm



At the Ryan Wellness Center Classroom # 2