

The Breeze

Have Van, Will Travel

Ryan Wellness Center's Social Club provides therapeutic opportunities that are also fun!

What do the Denver Botanic Gardens, Boulder's Dinner Theatre, Longmont's Centennial Lanes, and the Butterfly Pavilion have in common? They are all recent destinations of the Ryan Wellness Center's Social Club! Approximately once a week, intrepid members of the Social Club hit the road to explore and experience the myriad activities, attractions, and natural wonders of the Colorado Front Range.

Led by coordinator Cameron Smith (see photo), the Social Club events provide opportunities to not only explore the outer environs, but our inner landscapes as well. Designed to be "therapeutic social events", the Social Club activities are safe and supported ways for clients to take social risks. "People with mental illness often lead lives of physical and emotional isolation. The Social Club provides a chance for folks to venture out into the world in the company of others working on similar goals", says Cameron. "For one person, their goal may just be leaving the house. For another, it

may be to try conversing with strangers".

Most Social Club activities cost less than \$5.00 (many are free) - special events can cost more. Outings are scheduled on various days and times, and are always advertised in *The Breeze* as well as at the RWC. Signup for events is at the RWC Computer Lab. Participation in Social Club requires a relevant social rehabilitation goal as part of the client's Care Plan.

For more info on the RWC Social Club or to schedule an orientation meeting, contact Cameron Smith at 303-545-0863, or stop by the RWC Computer Lab . . .



Out and About With the RWC Social Club!

Lunch in Ned



Saturday, October 6th

Leave RWC at 10:30 am

Bring at least \$10



Sign up starts Wednesday 9/26!

Billiards at the UMC

Thursday, October 11th

Leave RWC at 12:30

Cost \$2



Sign up starts Wednesday 10/3!

Out to the Movies

Tuesday, October 23rd

Choose movie at 3:15 pm, leave shortly thereafter



Cost is \$4

Sign up starts Wednesday 10/17!

Denver Museum of Nature & Science

Tuesday, October 30th

Leaving RWC at 12:30 pm

Cost is \$1

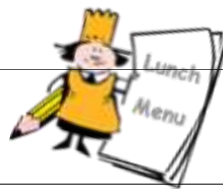


See *Mindbender Mansion*, puzzles, brainteasers, and interactive challenges

Sign-up starts Wednesday 10/24!

Referral and orientation required for all new participants on Social Club outings
For more info, contact Cameron Smith (casmith@mhpcolorado.org)

October 2018



Chinook Cafe

	Mon	Tue	Wed	Thu	Fri	Sat
	1 Grilled Chicken	2 Beef Casserole	3 Apple Crepes	4 Sausage & Peppers	5 Burgers	6
7	8 Sausage & Squash	9 Pisolé	10 Pizza	11 Thai Curry	12 Sloppy Joes	13
14	15 Braised Chicken	16 Carne Asada	17 Pizza	18 Chicken Gyro	19 Chili & Cornbread	20
21	22 Chicken & Waffles	23 Tacos	24 Pizza	25 Squash Lasagna	26 Burgers	27
28	29 Pork Chops	30 Chicken Tortilla Soup	31 Pizza	Vegetarian Options Available	Lunch Served 11:30 am - 1:00 pm	

Safe Harbor



Nondenominational Spirituality Group

Monday, October 8th at 10:45 am

November

Social Club Planning

**Wednesday
October 10th
1:00 pm
in the
Computer
Lab**

Help us choose the social events for November!

RWC Computer Lab

- Twelve computers available for your use
- Computer support and instruction
- Print, copy, fax, and scanning services

**Open Monday - Friday
8:30 am - 4:00 pm
RWC 1st Floor East**



Benefits Open Hours

Tuesdays: 9-11:30 am & 1-4 pm
Thursdays: 9-11:00 am & 2-4 pm

More info: 303-247-8750

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For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)**

May ***The Breeze*** be always at your back!