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)
Social Club Planning

November

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

Help us choose the social events for November!

Safe Harbor

Nondenominational Spirituality Group

Monday, October 8th at 10:45 am

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

Chinook Cafe

October 2018

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<td>1</td>
<td>1 Grilled Chicken</td>
<td>2 Beef Casserole</td>
<td>3 Apple Crepes</td>
<td>4 Sausage &amp; Peppers</td>
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<td>7</td>
<td>8 Sausage &amp; Squash</td>
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<td>21</td>
<td>22 Chicken &amp; Waffles</td>
<td>23 Tacos</td>
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<td>25 Squash Lasagna</td>
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<tr>
<td>28</td>
<td>29 Pork Chops</td>
<td>30 Chicken Tortilla Soup</td>
<td>31 Pizza</td>
<td>Vegetarian Options Available</td>
<td>Lunch Served 11:30 am - 1:00 pm</td>
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The Breeze is a publication for clients, staff and friends of the Ryan Wellness Center, and is designed and printed at the RWC Computer Lab. For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)

May The Breeze be always at your back!