You are cordially invited to the Chinook Café’s free Thanksgiving Dinner on Tuesday, November 26th! The meal will be served beginning at 11:30 a.m. and will continue until we run out of food. The menu will be:

- Turkey
- Mashed potatoes
- Stuffing
- Gravy
- Green bean casserole
- Various desserts

Please join us!

Community Room Update

By Joseph Brown, Community Room Program Supervisor

The changes to the Community Room are on their way! We have met with facilities and staff this week to go over the space changes including what furniture will need to be moved and how we want it set up. We hope that these changes will start taking place in the next few weeks when facilities’ schedules are permitting. The Community Care team has also been busy with brainstorming the programs that we would like to add to the new Community Room program. One group that we will be adding to the current line-up will be “Holding It Together for the Holidays” which will focus on helping clients manage their bi-polar and depressive symptoms during the holiday season, which can be difficult time for some. We will also be having drop-in activities in the Community Room, such as making vision boards, mental health bingo, and making decorations for the holidays. We hope to continue to expand upon the programming once we have re-opened to ensure we have a robust roster of wellness activities and groups for clients to engage in daily. Lastly, once the changes are finished, we will be throwing a grand re-opening event to celebrate the new Community Room program, which will be announced at a later date.
Fall Fun with the RWC Social Club!

Tour
Tuesday, November 5th
Leaves RWC at 1:00 p.m.
Free! Signup starts 10/30!

Lunch in Ned at Ubon
Saturday, November 9th
Leaves RWC at 11:00 a.m.
Bring $10-12 Sign-up starts 10/30!

Out to the Movies
Tuesday, November 19th
Choose film & leave RWC at 3:00 p.m.
Cost $4 Sign-Up starts 11/13!

WINGS Over the Rockies
Air & Space Museum
Saturday, November 23rd
Leaves RWC at 11:00 a.m.
Cost $1 Sign up starts 11/13!

Referral and orientation required for all new participants
For more info, contact Cameron Smith (casmith@mhpcolorado.org)
### November 2019

<table>
<thead>
<tr>
<th>Sun</th>
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<td>1 Breaded Chicken</td>
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<td>3</td>
<td>4 Chicken Dinner</td>
<td>5 Chinese</td>
<td>6 Breakfast</td>
<td>7 Enchilada Casserole</td>
<td>8 Burger</td>
<td>9</td>
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<td>10</td>
<td>11 French Dip</td>
<td>12 Steak Salad</td>
<td>13 Pizza</td>
<td>14 Spaghetti &amp; Meatballs</td>
<td>15 Pulled Pork</td>
<td>16</td>
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<td>17</td>
<td>18 Pork Dinner</td>
<td>19 Shakshuka</td>
<td>20 Pizza</td>
<td>21 Sweet N Sour Lentils</td>
<td>22 Sloppy Joes</td>
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<td>24</td>
<td>25 Italian Wedding</td>
<td>26 Thanksgiving Dinner</td>
<td>27 Pizza and Turkey Bowls</td>
<td>28 CLOSED</td>
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#### Chinook Café
- **Vegetarian Options Available**
- **Menu subject to change**
- Lunch Served 11:30 am - 1:00 pm

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#### Safe Harbor

**Nondenominational Spirituality Group**

**Monday, November 11th 10:45 am**

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#### Knitty Gritty

**Knitting and Crocheting Group**

**Mondays - 10:30 am**
- RWC Classroom 2
- Open to all MHP clients
- Materials provided - beginners welcome!

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#### RWC Computer Lab

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

**Open Monday - Friday**
- 9:00 am - 12:00 pm
- 1:00 pm - 4:00 pm
- RWC 1st Floor East
Mental Health Partners
Ryan Wellness Center
1000 Alpine Ave.
Boulder, CO. 80304
Phone: 303-545-0834
www.mhpcolorado.org

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The Breeze is a publication for clients, staff and friends of MHP’s 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!