

The Breeze

Happy
Thanksgiving



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



Chinook Café

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Vegetarian Options Available	Menu subject to change	Lunch Served 11:30 am - 1:00 pm		1 Breaded Chicken	2
3	4 Chicken Dinner	5 Chinese	6 Breakfast	7 Enchilada Casserole	8 Burger	9
10	11 French Dip	12 Steak Salad	13 Pizza	14 Spaghetti & Meatballs	15 Pulled Pork	16
17	18 Pork Dinner	19 Shakshuka	20 Pizza	21 Sweet N Sour Lentils	22 Sloppy Joes	23
24	25 Italian Wedding	26 Thanksgiving Dinner 	27 Pizza and Turkey Bowls	28 CLOSED	29 CLOSED	30

Safe Harbor

Nondenominational Spirituality Group

Monday, November 11th
10:45 am



RWC Computer Lab

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



Knitty Gritty

Knitting and Crocheting Group

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



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

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