

# The Breeze

# Get Smart!

## *New Ryan Wellness Center class aims to increase your cellular IQ!*

When I heard someone say that they did not want to get a free government phone because they did not know how to use it, I knew that I wanted to create a safe place for clients to come where they could learn at their own pace how to use and grow comfortable with their smartphones. This group is for people who want to get more out of their phone. The types of things that the group will address include the following topics:

- Making and receiving calls and storing numbers in contacts
- Adjusting the settings for what works for you
- Setting up email on your phone
- Attaching photos/images to emails and other applications
- Getting the applications that enhance your life
- Setting up calendar appointments and reminders
- Using map applications to make it to referral appointments by bus, car or walking

I will facilitate each group according to the needs and concerns of the people who show up. People can come for just a little bit of the group, stay for the entire time, or join part-way through!



**Phone Aid**  
**Come get assistance with your smartphone!**  
**Fridays 10:30-12**  
*with Cheri Krause*  
**Community Room or Classroom 3**

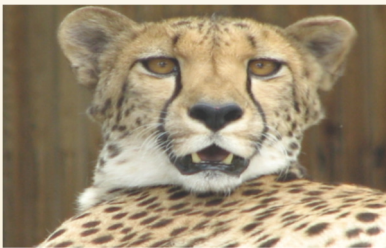


## RWC Social Club Happenings!

### DENVER ZOO

**Saturday, September 7th**

Leaves RWC at 11:00 a.m.



Cost \$1.00

Sign up starts Wednesday 8/28!

### Eldorado Canyon Hike

**Tuesday, September 10th**

Leaves RWC at 4:00 p.m.



Free! Bring a snack!

Sign up starts Wednesday 9/4!

### Fall Foliage Trip & Gold Hill Lunch

**Saturday, September 21st**

Leaves RWC at 11:00 a.m.



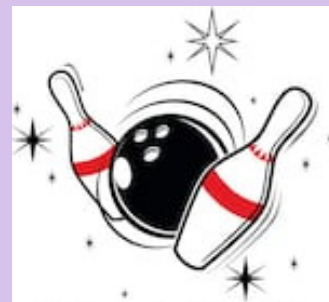
Bring \$10 for lunch!

Sign up starts Wednesday 9/11!

B O W L I N G

**Tuesday, September 24th**

Leaves RWC at 3:00 p.m.



\$1 first game

\$2 Each additional game

Sign up starts Wednesday 9/18!

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

# September 2019



# Chinook Café

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed for Labor Day	3 Chinese Day	4 Breakfast for Lunch	5 Sweet & Sour Lentils	6 Burgers	7
8	9 Italian Wedding	10 Steak Salad	11 Pizza	12 Stuffed Peppers	13 Burgers	14
15	16 Thai	17 Huevos Rancheros	18 Pizza	19 Spaghetti & Meatballs	20 Breaded Chicken	21
22	23 Chicken Dinner	24 Posole	25 Pizza	26 Minestrone	27 Sloppy Joe	28
29	30 French Dip			Vegetarian Options Available	Lunch Served 11:30 am - 1:00 pm	Menu subject to change

## Safe Harbor

*Nondenominational Spirituality Group*

Monday, September 30th  
10:45 am



## Knitty Gritty

**Knitting and Crocheting Group**

Mondays - 10:30 a.m.  
RWC Classroom 1  
Open to all MHP clients  
Materials provided -  
beginners welcome!



## 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

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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](mailto:blevy@mhpcolorado.org))**

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