



## The Southwest Improvement Council (SWIC)

1000 S. Lowell Blvd. Denver, CO 80129

Serving residents of southwest Denver since 1987

# Southwest Matters

Volume 3, Issue 1

February 5, 2010

### CALL SWIC FOR HELP

- In English: 303-934-0923
- In Spanish: 303-934-4789
- In Vietnamese: 303-934-8063
- In Diné: 303-934-8057

#### Foreclosure Prevention and Housing Counseling!

Call Now! 303-934-0923

#### VOA Hot Lunch for Seniors

10:30 am—1:00pm  
Monday—Friday

#### Free Home Chore Help for Elders!

Call 303-934-2268

#### Free Adult Exercise

8:00am—10:00am  
303-934-8063

Check out our website!  
[www.swic-denver.org](http://www.swic-denver.org)  
for more program information!



## Updates from the SWIC Staff

SWIC has undergone some major changes in the past few months and we are very excited to share the news!

You might notice some unfamiliar faces in the halls — SWIC has partnered with multiple new organizations including the Denver Public Schools “Stars,” the Colorado Hawks Baseball Team and the Gang Rescue and Support Project (GRASP)!

Chief-of-Staff Ron Cardenas is now SWIC’s new Deputy Director and is working around the clock to bring even more new programs, opportunities, and classes to residents of southwest Denver. SWIC’s new Program Director, Beth Ryan, is also helping Ron and Executive Director Jan Belle with SWIC’s new programs. Make sure to keep an eye on SWIC’s website ([www.swic-denver.org](http://www.swic-denver.org)) for even more updates.



Check out the calendar for February’s Senior Entertainment!

February events for the seniors include a Nutrition Program with the County Extension Office, Thursday mornings at 10:30 and live music entertainment on Wednesday February 10th and

Friday February 19th. On Friday February 12th, SWIC is hosting a Valentine’s Party in the Senior Lounge — stop by for music and prizes!

## Hoops & Raps Basketball Program

Hey, basketball and music fans! Come to Sandos Hall every Thursday night from 5:30-9:00pm and check out the new Hoops & Raps Program! The program includes street style hooping time

with positive gospel and R & B music. Sponsored by ThaMyx international faith community, Hoops & Raps includes eight staff members who encourage, support, and mentor the young men and women

who attend this event. The evening also includes a motivational speech during a break from the basketball. For more information on this weekly event, call 303-934-0923.