

**Gang Reduction Initiative of Denver (GRID)
Outreach/DHA Community Resource Fair**

When: June 26th from 11:00 a.m. – 2:00 p.m.

Where: Westwood Opportunity Center 855 S. Irving St.

More information to come!

Tai Chi and Chair Exercises for Seniors!

Every Monday from 10:00am to 11:00am in
Eagle Bear Hall

*Increase strength and flexibility
and prevent injuries.*

** You must sign a fitness waiver to participate*

Attention Community Gardeners!

Mandatory meeting **tomorrow** (Saturday)
June 12th, 9:00 a.m. at the Garden of Hope!
Denver Urban Gardens (DUG) is providing a
Compost Workshop.

Please call Beth at 303-922-2928
with any questions.

**The South West Denver Community Center
A Division of the South West Improvement Council (SWIC)**

1000 S. Lowell Boulevard Denver, CO 80219 (303) 934-2181

Serving Residents of Southwest Denver since 1987

Southwest Matters

Volume 4, Issue 10

June 11, 2010

Computer Education at SWIC

Come to SWIC every Monday from 9:00am to 10:30am or 10:30am to 12:00pm to learn computer basics from expert instructor, Frank Doerger. The class covers topics such as: how to set up an email account, how to use Google, and how to use the internet to search for a job. For more information or to sign up ahead of time, please call Beth at 303-922-2928.



SWIC's Ongoing Programs

- ◆ **Foreclosure Prevention and Housing Counseling:** FREE! You do not have to be behind on your monthly payments. Call Ron at 303-934-0923 for more information!
- ◆ **VOA Hot Lunch for Seniors:** 10:30am—12:30pm Monday—Friday. Donations welcomed, never required!
- ◆ **Weekly Food Boxes:** 10:30am—2:30pm every Friday. \$2 donation suggested, never required!
- ◆ **Free Adult Exercise:** 8:00am—10:30am and 4:00pm—6:00pm. Weight room, gymnasium and Zumba! Call Jenny at 303-934-8063
- ◆ **Youth Programs:** 2:00pm—5:30pm Monday — Thursday. Free Arts and Crafts and Open gym!