Saturday June 12, 2010 1:00pm
Denver Indian Center
4407 Morrison Road Denver, CO 80219

Workforce Honoring Pow Wow

Head Staff and MC to be announced

Everyone Welcome! Raffles!

Feed Starts at 5:00pm

Native Artist Vendors

Honoring from 2:00pm to 5:00pm

Grand Entry at 7:00pm

SWIC thanks Theresa Lamping from the Denver Indian Center!

Theresa has worked in SWIC's housing counseling program since February and is now the Site Supervisor at the new Urban Farm on 3401 W. Tennessee! Please come to the Pow Wow on June 12 to honor Theresa and the other workforce participants!

Neighborhood Council Meeting:

June 10th (Thursday) at 5:30pm

Agenda:

- Vote on hotel, restaurant and liquor license for business at 3400 W. Alameda
- Presentation from Gang Reduction Initiative of Denver (GRID)
- Information on NEW Computer 101 class at SWIC
- FREE Gourmet Vegetarian Dinner

Please Attend! Call 303-934-2268 with any questions!

The SouthWest Denver Community Center

A Division of the SouthWest 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 9 June 4, 2010

FREE ZUMBA!

SWIC is now offering FREE ZUMBA class every Monday through Friday from 9:00am to 10:00am. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. All are welcome — just make sure you sign a fitness waiver! Call Jenny at 303-934-8063 for more information!

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—2:00pm 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 to sign up!
- **Youth Programs:** 2:00pm– 5:30pm Monday — Friday.
  Free Arts and Crafts and Open gym!