

Real Hip Hop in the House!

Come help break-beat artist MC Health program beats on a MCP 1000 and write rhymes to go with it!



Beats, Rhymes and Strife

When: TOMORROW Saturday March 20th, 1:00pm

Where: Eagle Bear Hall at the Southwest Improvement Council, 1000 S. Lowell Blvd.

Who: ALL NEIGHBORHOOD YOUTH ARE WELCOME!

For more information or to sign up ahead of time, see Ron or Beth at SWIC or call 303-934-0923

SWIC is now offering DEBT COUNSELING with Paul Kaufhold of Vectra Bank.

Classes are held every other Tuesday at 5:30pm

Next class: Tuesday March 23rd

Where: Marigold Room, inside the Southwest Improvement Council (SWIC)

For more information, call 303-934-0923

Thank You to **King Soopers** and **Sunflower Market** for donating re-usable grocery bags for our weekly food distributions!

The SouthWest Improvement Council
A Division of the SouthWest Denver Community Center
1000 S. Lowell Boulevard Denver, CO 80219
Serving Residents of SouthWest Denver since 1987



Southwest Matters

Volume 3, Issue 6

March 19, 2010

Looking for Youth Leaders!

Leadership. Adventure. Action.

Do you want to make a difference in your community? Come to the first meeting of a new youth group at SWIC, Youth Community Alliance of Local Leaders, or Youth CALL. Youth CALL is a leadership development program for teenagers. ALL ARE WELCOME! FREE PIZZA!

First Meeting:

When: Wednesday March 24, 7:00pm — 9:00pm

Where: Eagle Bear Hall at the Southwest Improvement Council, 1000 S. Lowell Blvd.

Who: All Teenagers are Welcome!

For more information, contact Emily: emily.sally.jones@gmail.com or call 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 (English) Roberta at 303-934-4789 (Spanish) or Jenny at 303-934-8063 (Vietnamese)
- ◆ **VOA Hot Lunch for Seniors:** 10:30am—1:00pm Monday—Friday. Donations welcomed, never required!
- ◆ **Weekly Food Boxes:** 12:00pm — 3:00pm every Friday. \$2 donation suggested, never required!
- ◆ **Free Adult Exercise:** 7:00am — 11:00am every day. Weight room, gymnasium and Zumba! Call Jenny at 303-934-8063