

Senior Week May 17th– 21st

Schedule and Speakers

Monday May 17th at 10:00am:

Social Security vs. SSI

Speaker: Peter Komlos-Hrobsky, Colorado Legal Aid

Tuesday May 18th at 10:00am:

HCBS/Medicaid/Home Services

Speaker: Irma Stinnett, Colorado Legal Aid

Wednesday May 19th at 10:00am:

Advance Directives

Speaker: Ellen Aires-Trujillo

Thursday May 20th at 10:00am:

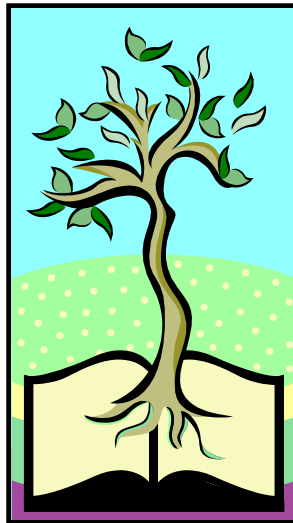
Grandparents' Rights

Speaker: Terry Lopez

Friday May 21st at 10:00am:

Predatory Lending Awareness for Seniors

Speaker: Ken Barrows



For more information, call Ron at 303-934-0923!

FREE PNEUMONIA SHOTS!

THIS WEDNESDAY May 19th at 12:00pm

You May Qualify If:

- You are age 65 or older
- You are age 19-64 and smoke and have lung disease or a chronic health condition
- You had your first Pneumonia Shot before age 65 and at least five years ago
- You are uninsured or underinsured

Call Beth at 303-922-2928 for more information. Sponsored by the Visiting Nurse Assc.

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

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SWIC Senior Week: May 17th—21st

SWIC's Senior Week is designed to provide the community with the skills and knowledge necessary to address senior matters that may arise in your personal life, professional life, family, and community.

Workshops take place Monday to Friday from 10am to 11am.

Door prizes awarded daily. No one will be selling anything. No one will ask for money or a fee.

Never a fee, always free at SWIC: Your nonprofit neighborhood resource center. *We are here to help you!* Please see back of newsletter for daily schedule of workshops.

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

