

NEW! SWIC Urban Farm Groundbreaking Event

Where: 3401 W. Tennessee

When: June 2, 2010 at 10:00am

Who: Representatives from **Urban Farming**, a Detroit-based organization; sponsors from the **Triscuit corporation**; and **YOU!** All are welcome! Please call 303-922-2928 for more information.



Love the produce in the weekly food boxes?



SWIC thanks **COMPA MINISTRIES** for supplying us with free produce every week! COMPA is an outstanding SWIC partner in providing access to fresh, healthy, and FREE food to everyone in our community! Thanks, COMPA!

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!

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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Think “Green” with SWIC!

Join Judy Strother and SWIC in our “Saving our Earth starting with SWIC” campaign:

- Keep foam and plastic ware out of our landfills! Bring your own cup, plate, and silverware to Neighborhood Council meals and daily seniors’ meals. Wash your utensils here and bring them back every day.
- Go meatless once a week. Vegetarian meals are healthy, less expensive, and oh so tasty! We will have a *Gourmet Vegetarian meal* Thursday, June 10th, 5:30 PM here at SWIC! Come Enjoy!
- Work in the new SWIC Urban Farm! Come to the groundbreaking event on Wednesday, June 2, 2010 at 10 AM, 3400 West Tennessee to learn more. Help us raise vegetables for SWIC food boxes!



**Come to the
Neighborhood Council Meeting
on Thursday, June 10th at
5:30 in Eagle Bear Hall
to share YOUR ideas for
“Saving our Earth
starting with SWIC!”**