

April 2009 – Adult Activities

Community

SWIC NEIGHBORHOOD COUNCIL

Thursday, April 9, 5:45 p.m. SHARP!

Dinner provided. Eagle-Bear Hall

Supervised Youth are Welcome! Door Prizes!!



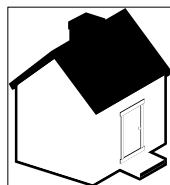
FIRST-TIME HOME BUYERS' WORKSHOP

Saturday, April 17, 8 a.m.

Eagle-Bear Hall

Pre-Registration Required. Call 303-934-0923

(Includes Breakfast and Lunch)



**NEW! FORECLOSURE PREVENTION
COUNSELING HOURS**

Appointments are **REQUESTED (303) 934-0923**

Mondays, Tuesdays, Wednesdays and Fridays, 7 a.m.-5p.m.

Thursdays, 7 a.m. – 7 p.m.

Saturday, April 17, 9 a.m.-1 p.m.

Computers *Registration is Required! (303)934-4780*

NEW SESSION! BEGINNING COMPUTERS!

Wednesdays, 10:30-11:15 a.m.

NEW SESSION! BEGINNING COMPUTERS!

Taught in Spanish

Fridays, Noon-1 p.m.



INTRODUCTION TO E-MAIL AND INTERNET

NEW! Fridays, 10:30-11:15 a.m.

OPEN COMPUTER LAB for

EXPERIENCED USERS (No Instructor)

Mondays, Tuesdays and Thursdays,

10:30 a.m.- 2:30 p.m.

Job search, write documents, e-mail or surf the Internet.

Fitness

OPEN GYM/WEIGHT ROOM for INDIVIDUAL WORKOUTS

Mondays thru Fridays, 8-10 a.m.

Mondays, Wednesdays and Thursdays, 3-5:30 p.m.

Tuesdays, 3-6:30 p.m.

Saturday, April 17, 9 a.m.-1 p.m.

Weight Room users must be 18 or older

Registration is Required!

Call 303-934-2181



Food

FAMILY FOOD BOXES

Fridays, 3 p.m. (Sign-up begins around 2:15 p.m.)

\$2 Suggested Donation, One Box per Household

Health

VISITING NURSES CLINIC

(Enter at Sandos Hall, down ramp to Fitness Area)

Wednesday, April 15

Call 303-698-6496 for an appointment.

8:30 a.m. – 2 p.m. Open Fitness Studio

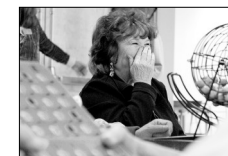


Senior Programs

SENIOR'S LUNCH PROGRAM (Ages 60 and older)

Mondays thru Fridays, 11:30 a.m.

\$2.50 Suggested Donation, Eagle-Bear Hall



KAREOKE

Mondays, 10:45 a.m., Eagle-Bear Hall

BINGO

Tuesdays, 11 a.m., Eagle-Bear Hall

MUSIC with LITTLE JOE AND RON

Wednesday, April 15, 10:30 a.m.

Eagle-Bear Hall



HANDY HEARTS HOME CHORE HELP!

For People 65+ who need help with minor home chores or repairs.

303-934-4780