

## SWIC Handy Hearts Home Chore Program



Are you age 65 or older?

Do you need help with home chores?

SWIC has volunteers ready to assist.

**Call Beth at SWIC:  
303-922-2928**

### We offer:

- ◆ Fall prevention and safety assessments.
- ◆ Replace light bulbs, locks, smoke detector and CO2 batteries.
- ◆ Minor electrical or plumbing.
- ◆ Seasonal yard cleanup
- ◆ Install safety bars and nonslip surfaces in baths and showers.
- ◆ Call with any other needs!

**Free, flexible, and safe service. Clients may incur costs of materials. Volunteers have been background checked.**

### Riverside Soccer Club Kicks off Food Drive for SWIC

On May 8, 2010, Riverside Soccer Club is hosting a food drive for SWIC at the Fort Logan Soccer Complex. Ten teams will compete to see who can bring in the most food. For more information about this event or to volunteer, call Ron Cardenas at 303-934-0923.

### Attention SWIC

#### Community Gardeners:

There is a mandatory garden meeting on May 8th at 9:00am in the Garden of Hope. Two plots are still available! Call Beth with questions: 303-922-2928.

The Southwest Denver Community Center  
A Division of the South West Improvement Council (SWIC)

1000 S. Lowell Boulevard Denver, CO 80219

*Serving Residents of South West Denver since 1987*

# Southwest Matters

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## FREE HIV, STD, and Pregnancy Testing at SWIC

Sisters of Color United for Education (SOCUE) is now offering FREE HIV, STD, and Pregnancy testing at SWIC every Friday from 11:00am to 3:00pm. You do not need to make an appointment.

Testing will be held privately in the Recreation Room (next to the gym). Enter through the doors by Sandos Hall. **For more information about testing, please call SOCUE at 303-446-8800 or SWIC at 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 for more information!
- ◆ **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
- ◆ **Youth Programs:** 2:00pm– 5:45pm Monday — Friday. Free Arts and Crafts and Open gym!

