

Eye Care for Seniors

EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, works to ensure that seniors have access to medical eye care. Through its **Senior EyeCare Program**, eligible candidates receive a comprehensive medical eye exam and up to one year of care at no out-of-pocket cost.

The Seniors EyeCare Program is designed for people who:

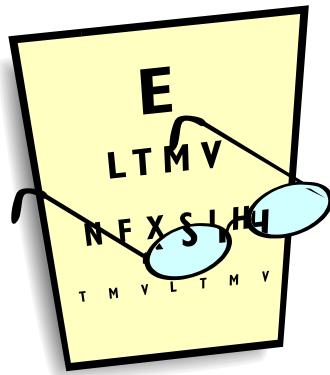
- Are age 65 and older
- Have not seen an ophthalmologist in three or more years
- Do not belong to an HMO or the VA

To determine if you qualify for a referral through this program, **call 1-800-222-EYES (3937)**. The helpline is open 24 hours a day, seven days a week, 365 days a year.

Call TODAY!

**There is no guarantee of eligibility for the no cost eye exam and up to one year of care.*

Those interested must call to see if they are eligible for the program.



Plots are still available in the community garden!

Call Beth at 303-922-2928 if you are interested!

There are still seeds from Denver Urban Gardens that need to be picked up! See Beth at SWIC to get your seeds!

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

1000 S. Lowell Boulevard Denver, CO 80219

Serving Residents of SouthWest Denver since 1987

Southwest Matters

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SWIC Fitness and Exercise



Every weekday morning from 7:30am to 11:00am, community members are welcome to use SWIC's weight room and gym for FREE! You can also participate in Zumba and other aerobic classes! Call Jenny 303-934-8063 to sign up! Must sign a liability waiver.

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