

Mark Your Calendars for Family Day 2010!

Date: Saturday July 10th

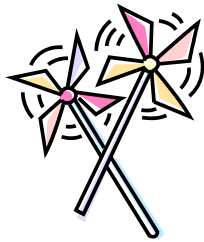
Time: 10:00am—4:00pm

What: FREE BBQ, Entertainment, Music, Games, and much more!

Where: SWIC, 1000 S. Lowell Blvd.

Who: Everyone is invited! Bring your friends, family, and neighbors!

FREE FUN FOR THE WHOLE FAMILY!



More details

to come!

Check out
SWIC's
website

(www.swic-denver.org).

Announcement:

SWIC will be closed on Monday May 31, 2010 in observance of Memorial Day.



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 to sign up!

◆ **Youth Programs:** 2:00pm—5:30pm Monday — Friday.

Free Arts and Crafts and Open gym!



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

1000 S. Lowell Boulevard Denver, CO 80219 (303) 934-2181

Serving Residents of South West Denver since 1987

Southwest Matters

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Groundbreaking Event for new Urban Farm

Come to 3401 W. Tennessee on **Wednesday June 2nd at 10:00am** to meet SWIC's newest partner in growing local food, Urban Farming! Councilman Paul Lopez, SWIC Executive Director Jan Marie Belle, and Urban Farming Executive Director Taja Sevelle will be speaking in celebration of this exciting new neighborhood resource!

Urban Farming will provide SWIC with the tools and materials necessary to grow food for our food box program. If you are interested in helping out or for more information, please call Beth at 303-922-2928.



The Urban Farming Mission

Urban Farming's mission is to create an abundance of food for people in need by planting gardens on unused land and space while increasing diversity, educating youth, adults and seniors and providing an environmentally sustainable system to uplift communities.