

## FREE Community Dinner and Celebration

Volunteers from Cricket are joining Rebuilding Together on **Friday October 8th** to xeriscape the north side of the SouthWest Denver Community Center! This means they will be planting native plants and providing a peaceful environment for seniors to spend time with their families. After the work is completed, there will be a community celebration with a **FREE BBQ Dinner!** Everyone is welcome! The event includes games for kids! **Dinner starts at 4:30 pm and ends around 6:30 pm.** ***ALL ARE WELCOME!*** Call Beth for more information: 303-922-2928.



cricket®

## Announcements

### Free Pneumonia Shots

Wednesday October 20th at 12:00 pm. Call Beth at 303-922-2928 to sign up!

Sponsored by the Visiting Nurse Association (VNA)

### Community Garden Work Day

Our last work day will be Saturday October 16th at 9:00 am.

Attendance is mandatory! Call Beth at 303-922-2928 for more information.

### Neighborhood Council Meeting

Thursday October 14th at 5:30 pm. FREE Community Dinner and Door Prizes!

Call SWIC for more information: 303-922-2928.

**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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### Free Concert at SWIC!



Everyone is invited to the **SWIC Senior "Prom"** on **Monday October 4th at 6:00 pm.** The Colorado Jazz Workshop is bringing a 17-piece jazz band to play everyone's favorites from the Big-Band era. SWIC will provide snacks and drinks. **This is a FREE event!** Everyone is welcome. Please call Beth for more information: 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:** 11:00am—12:00pm Monday—Friday. Donations welcomed, never required!
- ◆ **Weekly Food Boxes:** 10:30am—2:30pm every Friday. \$2 donation suggested, never required!
- ◆ **Free Adult Exercise:** 8:00am—10:30am and 4:00pm—5:30 p.m. Weight room, gymnasium and Zumba! Call Jenny at 303-934-8063
- ◆ **Youth Programs:** 4:00 p.m.—5:00 p.m. Tuesday—Friday with the Denver Public Library Free Arts and Crafts! Other youth programs listed in calendar (see inside).