



May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Health & Wellness</p>		<p>1 2:00-4:00 Apply for jobs with assistance (computers provided) 4:00-5:00 Activities with a JeffCo Librarian</p> <p>5:00-6:00 Workout Video: Yoga</p>	<p>2 2:00-4:00 Arts & Crafts: Decorate Your Own Fitness Journal</p> <p>4:00-5:00 Dodgeball Game</p> <p>5:00-6:00 Arts & Crafts cont./Free Time</p>
<p>6 2:00-4:00 Discussion: How to Create Your Own Workout Routine</p> <p>4:00-5:00 Pool Tournament</p> <p>5:00-6:00 Free Time</p>	<p>7 2:00-4:00 Spring Cleaning in the Drop-In</p> <p>4:00-5:00 Video Games</p> <p>5:00-6:00 Weightlifting/Open Gym</p>	<p>8 2:00-4:00 Mock interviews/Apply for jobs with assistance (computers provided) 4:00-5:00 Free Time</p> <p>5:00-6:00 Circuit Training</p>	<p>9 2:00-4:00 Arts & Crafts: Make Your Own Survival Kits</p> <p>4:00-5:00 Resource Hour (come learn about resources available to you!)</p> <p>5:00-6:00 Open Gym</p>
<p>13 2:00-4:00 Minute To Win It Challenges</p> <p>4:00-5:00 Puzzles/Board Games</p> <p>5:00-6:00 Free Time</p>	<p>14 2:00-4:00 DIY Raspberry Limeade</p> <p>4:00-5:00 Resource Hour (come learn about resources available to you!)</p> <p>5:00-6:00 HIIT Workout</p>	<p>15 2:00-4:00 Apply for jobs with assistance (computers provided) 4:00-5:00 Free Time</p> <p>5:00-6:00 Workout Video: Zumba</p> <p>*BCM Info Night from 5-6pm*</p>	<p>16 2:00-6:00</p> <p>Field Trip: Fitness at Red Rocks Amphitheater *sign up with ROAD staff by 5/13* (permission slip required if under 18)</p>
<p>20 2:00-4:00 Netflix Documentaries 4:00-6:00</p> <p>Field Trip: River Walk in Golden (permission slip required if under 18)</p>	<p>21 2:00-4:00 Mario Kart Tournament/ Board Games</p> <p>4:00-6:00 Nutrition Class & Cooking: Pesto Veggie Pasta *sign up with ROAD staff by 5/16*</p>	<p>22 2:00-4:00 Mock interviews/Apply for jobs with assistance (computers provided) 4:00-5:00 Free Time</p> <p>5:00-6:00 Strength Training</p>	<p>23 2:00-4:00 Gardening</p> <p>4:00-6:00 Celebrate the Start of Summer Vacation with a Pizza & Movie Party!</p>
<p>27 The ROAD is CLOSED Happy Memorial Day!</p>	<p>28 2:00-4:00 Arts & Crafts: Crayon Art</p> <p>4:00-5:00 <u>Group:</u> BrainWise</p> <p>5:00-6:00 Workout Video: Pilates</p>	<p>29 2:00-6:00</p> <p>Field Trip: Hiking at Roxborough State Park *sign up with ROAD staff by 5/23* (permission slip required if under 18)</p>	<p>30 12:00-5:00</p> <p>Field Trip: Rockies Game! *sign up with ROAD staff by 5/23* (permission slip required if under 18)</p>

Come celebrate “Spring Into Fitness Month” with us at The ROAD’s Drop-In Center! We will be featuring different fitness activities throughout the month!

Did you know?

All classes, groups and activities offered at The ROAD are at no cost to you!

Ages 15-22

Drop-In Hours:

Mon–Thurs 2-6pm



Our Information:

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