

MAY 2026

WellPower™
NextChapter

Your monthly look into our news & events

In this Issue:

May Outings &
Workshops

New Classes &
Announcements

Culinary Program

Employment and
Learning & Wellness
Program Overviews

How to Join Online
Classes



Memorial Day

Monday May 25, 2026

NextChapter will be OPEN



9:00 a.m. – 3:00 p.m.

Sign Up Today!

(See Details on Page 10)

Contact Us

NextChapter
Monday - Friday, 8:00 a.m. - 4:30 p.m.
456 Bannock St., Denver, CO 80204
(303) 504-1700

May Outings

ATTENTION: To protect participant privacy, please meet in the coffee shop and wait for the facilitator for outings rather than gathering at the front desk.

Due to the high demand for our great outings, please limit your sign-ups to **2 per month**. You are welcome to join other waitlists for additional events.

Denver Coin Expo

May 1 (Fri)

1:00 – 4:00 p.m.

5 Spots available

Browse a wide array of rare and historic coins, currency and bullion while exploring the art, history and craftsmanship behind numismatics.

Facilitator: Pedro

Outings Continued:

Taking Sidewalk to Parlor Doughnuts

May 4 (Mon)

9:00 a.m. – 12:00 p.m.

5 Spots available

Exploring, eating and playing games.

Facilitator: Hunter

Animal Assisted Therapy Programs of Colorado

May 4 & 11 (Mon)

9:00 a.m. – 12:00 p.m.

5 Spots available

Meet rabbits, guinea pigs, ferrets, rats, cats, chickens, donkeys, goats, alpaca, mini horses. You will get a tour and receive a small amount of quiet time with each animal, if you choose.

Facilitator: Alyssa

Botanic Gardens

May 5 (Tue)

1:00 – 3:00 p.m.

5 Spots available

Facilitator: Alyssa

May Outings

Red Rocks

May 5 (Tue)

1:00 – 3:30 p.m.

10 Spots available

Enjoy a gentle exercise on the rocks and walking around the amphitheater visiting the newly remodeled Hall of Fame. Please wear comfortable shoes.

Facilitators: Steph & Jessica

Pacific Ocean Marketplace & Thrift Store

May 6 (Wed)

1:00 – 3:00 p.m.

5 Spots available

Facilitator: Alyssa

Outings Continued:

Aqua Golf

May 8 (Fri)

1:00 – 4:00 p.m.

5 Spots available

Enjoy a fun and active outing featuring miniature golf and a unique water-based driving range, offering friendly competition, skill-building and time outdoors in a relaxed recreational setting.

Facilitator: Pedro



Photo Credit: NextChapter
Photography Student Rachel Enkey

May Outings

Visit Castle Rock

May 11 (Mon)

1:00 – 4:00 p.m.

5 Spots available

A town so close, but seems so far away.

Facilitator: Hunter

Movie Group

May 12 (Tue)

12:30 – 4:00 p.m.

10 Spots available

Movie TBD as we get closer

Facilitators: Steph & Jessica

Botanic Gardens

May 13 (Wed)

1:00 – 3:00 p.m.

5 spots available

(Ball arena isn't hosting tours right now due to playoffs)

Facilitator: Alyssa

Outings Continued:

Denver Art Museum

May 14 (Thu)

9:45 a.m. – 12:00 p.m.

10 Spots available

Visit Denver Art Museum and explore different exhibits on self-guided tour.

Facilitators: Kiara and Jessica

T.REX 3D

May 15 (Fri)

1:00 – 4:00 p.m.

5 Spots available

Step into the age of dinosaurs with a giant-screen experience that brings T.Rex to life through CGI and paleontological discoveries, offering an immersive look at one of history's most iconic predators.

Facilitator: Pedro

May Outings

Mountain Hiking and Lunch

May 18 (Mon)

9:30 a.m. – 3:00 p.m.

5 Spots available

Hiking a few miles (about 4) and eating a few calories.

Facilitator: Hunter

Clyfford Still Museum

May 19 (Tue)

9:50 – 11:45 a.m.

10 Spots available

Still in Sound exhibit exploring 5 different artist sound-based abstract pieces. Art exploring how sound evokes intuitive responses, memories, and emotions. Art and Music students prioritized.

Facilitators: Kiara and Jessica

Outings Continued:

Art and Picnic

May 20 (Wed)

9:45 a.m. – 12:30 p.m.

5 Spots available

Picnic at Washington Park while creating artwork.

Facilitators: Kiara and Bri

Journaling and Connection at the Denver Botanic Gardens

May 20 (Wed)

10:00 a.m. – 2:00 p.m.

5 Spots available

Facilitator: Alyssa

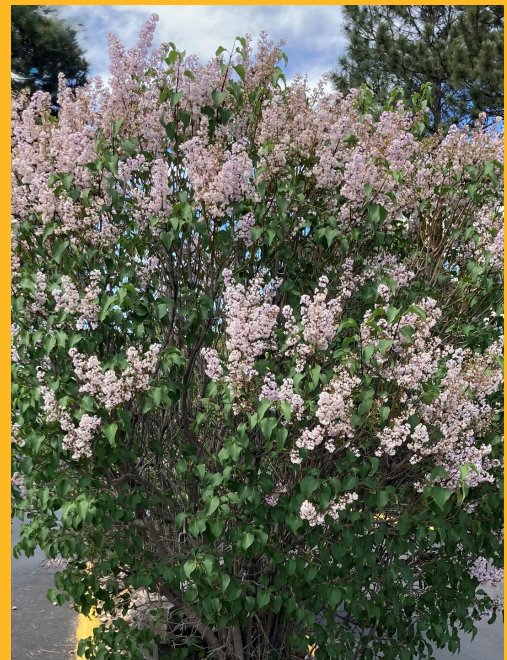


Photo Credit: NextChapter
Photography Student Michael Carr

May Workshops

Cooking with Candice Workshop

May 4 & 18 (Mon)

2:00 – 4:00 p.m.

Sally's Kitchen

5 Spots available

Cooking with Candice is a space where you can explore cooking with music, in a commercial kitchen setting, with a variety of recipes, learning the difference in all types of techniques. Come join a fun and beginner-friendly cooking class with practical learning you can put into everyday living.

Facilitator: Candice

Wellness Workshop

May 6 (Wed)

12:30 – 2:45 p.m.

Sally's Café

A time to promote healthier living by highlighting the importance of the Eight Dimensions of Wellness.

Facilitators: Jessica & Kathy

Workshops Continued:

Art Meditation (Online)

May 7 (Thu)

2:00 – 3:00 p.m.

Art exercise to practice coping and creative skills. Will need to have paper, pencil, and coloring utensils available.

Facilitator: Kiara

Watches Workshop

May 11 (Mon)

10:30 – 11:30 a.m.

Curious about wristwatches and other timepieces? We'll talk about different types of watches including mechanical watches. Some minor repairs can be completed.

Facilitator: Hunter

May Workshops

Sound Bath and Yoga

May 12 (Tue)

1:00 – 2:00 p.m.

4 Spots available

Room 234

Facilitator: Alyssa

Documentary with Steph

May 12 & 26 (Tue)

9:00 – 11:00 a.m.

Meditation Room

Seat Limit: 8

Come and enjoy uplifting documentaries and discussion.

Facilitator: Stephanie

Pride Festival Art Market

Orientation

May 13 (Wed)

10:00 – 11:00 a.m.

Room 114

Pride Festival is coming in June! Opportunity to share your art and connect with the community.

Orientation is required for art to be included.

Individual sessions available.

Facilitator: Kiara

Workshops Continued:

Spoon Rings

May 19 (Tue)

Reach out to Alyssa to schedule a time to work on spoon rings.

Facilitator: Alyssa

Poetry Reading Workshop

May 21 (Thu)

9:00 – 10:00 a.m.

A monthly workshop where we'll start reading and reflecting on save me an orange. This is a collection of poems by Hayley Grace. For just a taste, "You were put on this earth to live. It's not too late to start now." – save me an orange.

Facilitator: Hunter

May Workshops

Critical Thinking with AI May 21 (Thu)

9:30 – 10:50 a.m.

7 Spots available

Computer Lab 210

Evaluating accuracy, bias, and ethical use of AI-generated content.

Facilitators: Steph M., Pedro & Alyssa

Foil Embossing

May 27 (Wed)

10:00 a.m. – 12:00 p.m.

5 spots available

Art Studio

Facilitator: Kiara



Photo Credit: NextChapter
Photography Student Rachel Enkey

Workshops Continued:

Pride Festival Art Market Orientation (Online)

May 28 (Thu)

2:00 – 3:00 p.m.

Pride Festival is coming in June! Opportunity to share your art and connect with the community.

Orientation is required for art to be included.

Individual sessions available.

Facilitator: Kiara (Online)

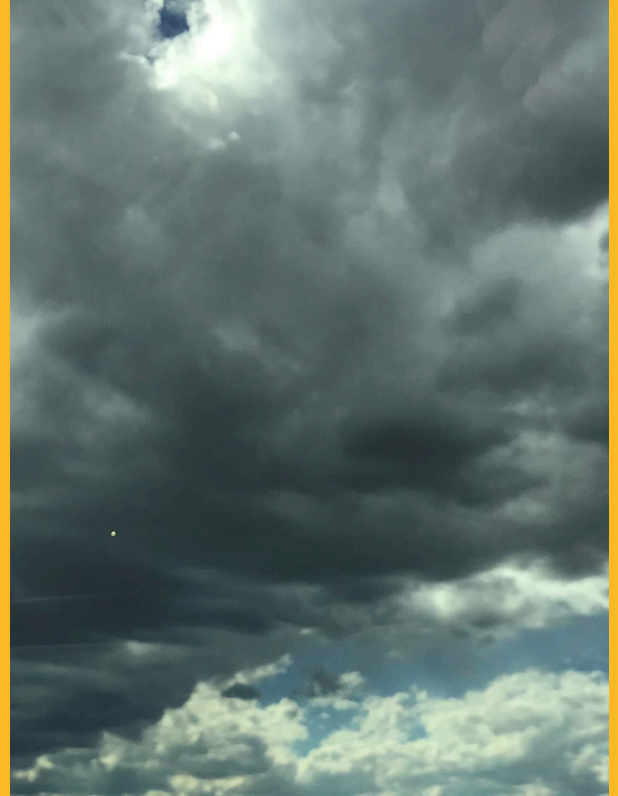


Photo Credit: NextChapter
Photography Student Michael Carr

New Classes and Announcements

Walking for Wellness

Mondays 11:00 – 11:45 a.m. Meet at the front desk at 11am for a wellness walk around the neighborhood. Please wear comfortable shoes and clothing. We will leave for the walk no later than 11:05 a.m.

Facilitators: Jessica and Stephanie

English Grammar

Mondays 2:00 – 3:00 p.m. in Room 126

Learn English Grammar from a former professional writer. This English Grammar class is designed as a General Education and Supported Education offering. This is not a rigid academic class but serves as a bridge for adult members to regain cognitive confidence, improve community integration, prepare for vocational pursuits, and improve writing skills.

Facilitator: Ray

Delicious Smoothies

Mondays 3:00 – 3:50 p.m. in Sally's Café

Learn how to make and sample delicious healthy smoothies.

Facilitator: Ray

Upcoming Horseback Riding Lottery!

Get ready to hit the trails! We are excited to announce a special opportunity for members of our community to visit the YMCA/Jackson Stables for a series of horseback riding outings this June. Due to high interest and limited availability, we will be selecting participants via a lottery drawing. Here are the details you need to know:

The Drawing

- **When:** Thursday, May 7th
- **Where:** During the Community Forum
- **Details:** We will be drawing names to fill the available spots for all three June dates.
- **Weight Limit per rider:** 230 pounds per individual.

The Outings

We have three scheduled dates for riding. The chosen groups will leave NextChapter at 8:00 a.m. and return at approximately 5:00 p.m.

- **Tuesday, June 2nd**
- **Tuesday, June 16th**
- **Tuesday, June 30th**

Available Slots

There are five slots available per date. Don't miss your chance to enjoy the beautiful scenery from horseback! Make sure to attend the Community Forum on May 7th to participate in the lottery drawing. You must be present to enter the drawing.

Memorial Day Holiday at NextChapter

Commemorate Memorial Day with Us!
Join us at NextChapter for a meaningful day as we honor and remember those who served and sacrificed.

Location: NextChapter

Date: May 25, 2026 (Mon)

Time: 9:00 a.m. – 3:00 p.m. (Holiday Hours)

Activities Schedule:

9:00 – 9:30 a.m.

Documentary & Discussion:

"Memorial Day: A Look into the History and Meaning"

10:00 – 11:45 a.m.

Board Games – Coffee Shop

12:00 – 1:00 p.m.

Lunch Menu:

BBQ Grilled Chicken | Baked Beans | Potato Salad |
Apple Pie | Iced Tea & Lemonade

1:00 – 2:45 p.m.

Holiday BINGO!

Plus! Puzzles, board games and art materials will be available all day for independent fun and creativity.

Come together in remembrance as we honor service, sacrifice, and community.

About WellPower: We know the pursuit to live, feel and be well looks different for each person. At WellPower, we power the pursuit of well-being by supporting and promoting the vital connection between a person's mental health and overall well-being. Our nationally-recognized services help children, families and adults in the Denver community create a path to living happier and healthier lives.



Who's Who at NextChapter



Uriah Martinez serves as an Administrative Assistant at NextChapter, having joined the team in mid-March. She was drawn to this work by a deep curiosity about people, culture, and community, shaped by growing up in an environment that often felt isolating. Uriah finds meaning in supporting vocational trainees and being part of their professional journeys, valuing opportunities to contribute to growth through WellPower while also learning from the experiences of others.

For Uriah, well-being means time spent in nature and quality moments with family and friends. She enjoys Colorado's outdoor offerings and exploring Denver's diverse food scene, with Omar Khayyam in South Denver among her favorite local spots. An early bird who prefers mountains, books, savory food, and summer, Uriah brings thoughtfulness, curiosity, and care to both her work and her connection with the community.

Ed Yeada is inspired by working alongside others who are engaged in the journey of recovery, finding strength in shared growth, especially on difficult days. He has served as an Administrative Assistant since 2002, bringing over 23 years of experience and steady presence to the NextChapter community. For his entire adult life, Ed has been deeply interested in health, fitness, and psychological and spiritual growth, a path that led him to San Francisco at age 18 in 1967. His recovery is grounded in both extensive personal therapy and years of independent study and practice.

A lifelong reader and learner, Ed enjoys exploring many subjects, with a particular interest in history and current events. A self-described night owl with an appreciation for sweets, and winter, Ed values reflection, learning, and well-being, elements that continue to support both his personal growth and his meaningful contributions at NextChapter.



Registered ServSafe Proctor & Certified ServSafe Instructor

ServSafe® Food Handler Program

- Join NextChapter to get certified by a certified instructor & registered proctor with ServSafe and the National Restaurant Association.
- We provide instruction for both the 3-year certification (food handler) and 5-year license (food protection manager).
- We offer classes Tuesdays 2:00 – 3:30 p.m. for Food Handlers and Fridays 2:00 – 3:30 p.m. for Managers.
- We offer the ServSafe program, ServSafe training, ServSafe classes and ServSafe testing.
- Contact Vocational Project Coordinator/Instructor & Proctor and Manager Candice Vigil at **(303) 504-1765** or email candice.vigil@wellpower.org



Culinary Training Program



Culinary Training offers an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally's Café, an operating restaurant at NextChapter. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing in the community.

Culinary FAQ

Q: Who do I contact for the culinary referral?

A: Candice Vigil at (303) 504-1765 or candice.vigil@wellpower.org.

Q: How do they get registered?

A: Contact Candice Vigil - they will be added to the waitlist. The follow-up is between referring staff, candidate and Candice Vigil.

Q: How quickly will someone start the program once referred?

A: The waitlist is six months to one year.

Q: How do the referrals know where they are on the waitlist?

A: Referring staff or candidates can call Candice Vigil to see where they are on the list. A call is placed 30 days before the candidate comes into the program.

Q: Can anyone join the program?

A: Individual needs to be receiving services through WellPower.

Q: Do they need to be enrolled with NextChapter Education?

A: Yes.

Q: Why is the wait so long to join?

A: Due to the popularity of the program and the hands-on training provided, we are limited to the amount of students we can bring in.

Q: How do they apply?

A: All applications are online.



Supported Employment

NextChapter will collaborate with you to help you attain your employment goals. Our employment program follows the Individual Placement Support (IPS) model which focuses on your strengths, skills, abilities, interests and how to overcome barriers to help you achieve your employment goals. Our program collaborates with the Division of Vocational Rehabilitation (DVR) to assist participants with additional services and support to attain your employment goals.

If interested in Supported Employment services, contact:

Dalma.Farkas@wellpower.org

Maritza.Ovalles@wellpower.org



If interested in:

- Finding and maintaining a full/part-time competitive job in the community
- Creating a resume
- Writing efficient cover letters
- Learning how to search and apply for jobs online
- Preparing for job interviews
- Learning strategies to maintain job stability

The Intake Process Involves:

- One or two telephone or video appointments to complete an application and a vocational assessment.
- Providing an electronic copy of your current (not expired) State Photo Id, your employment history and if you receive Social Security (SS) benefits, providing an electronic copy of your recent SS benefits award letter.
- Meeting with your Employment Specialist (ES) at least twice a month to work on attaining your employment goals.
- Having a Social Security card and if not a United States citizen, providing a copy of your current (not expired) Authorization card to work in the United States.
- After a job is found, continue meeting with ES to attain job stability and be able to maintain a job for at least three to six months or longer.

Learning & Wellness Overview

NextChapter provides a psychiatric rehabilitation and supported education program that offers adults the opportunity to participate in a variety of classes and activities or receive individual support to pursue one's desired recovery goals. The program is designed to strengthen and broaden a person's knowledge of the physical, intellectual, emotional and social practices that will enhance their wellbeing.

Community Supported Education helps individuals who are interested in pursuing education or training in the community, by providing support and helping navigate the process from beginning to end; identifying strengths and barriers, providing long term support while in school or a training program, celebrating successes and supporting individuals in achieving their academic goals.

Adult Education classes are provided to help build skills for community education or career pursuits. We offer a variety of classes in computers, reading, math, Spanish and writing, as well as tutoring in several subjects. We also assist with both in house and community-based volunteering opportunities to further explore and prepare for careers.

Music and Performing Art gives people the opportunity to participate in a variety of music experiences and groups to enhance skills, quality of life and practice for in house and community-based performances. We provide people of all skill levels and abilities with an environment that promotes their own musical or performing expression.

Studio Art provides people with materials and instruction, as well as a spacious and welcoming art studio to create many different forms of visual art. We assist artists in using art as a creative expression as part of a person's journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

Wellness offerings provide individuals with opportunities to engage in a variety of classes, groups and experiences to enhance one's own physical, spiritual, social and community wellbeing. We offer an in house fitness center and group studio, as well as, several weekly outings to community-based gyms and classes. We offer frequent outings to cultural events, opportunities to connect with nature and explore the community. Other classes and activities you might expect to find assist people with nutrition, budgeting, life skills, leadership, or support for a variety of topics.



Details/FAQ for Joining Online Classes

- Participants must be part of NextChapter to attend and fill out Consent for TeleHealth Services.
- If you're interested in joining NextChapter to attend classes, please reach out to your WellPower care team to schedule a virtual orientation.
- Contact the instructor for more class info by calling 303-504-1700 and asking to leave a voicemail or by clicking their name above and email. Your message should be returned promptly.

TO JOIN ONLINE CLASSES ON PC:

- Click Class Name on Schedule you wish to Attend.
- Click "join on the web instead" or "join in this browser instead" or "use teams on Microsoft Edge" or other variant as options vary depending on Browser.
- Allow access to mic and camera if applicable
 - Type Desired Name for meeting and click "Join Now".

TO JOIN ONLINE CLASSES ON MOBILE:

- Install Teams App (via App Store for iPhone or via Google Play Store for Android)
- Click Class Name Above or Join Microsoft Teams Meeting if invite came from an email.
- Allow access to mic and camera.
- Scroll Down Click "Join Meeting", or "Join as Guest".

