

## 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**

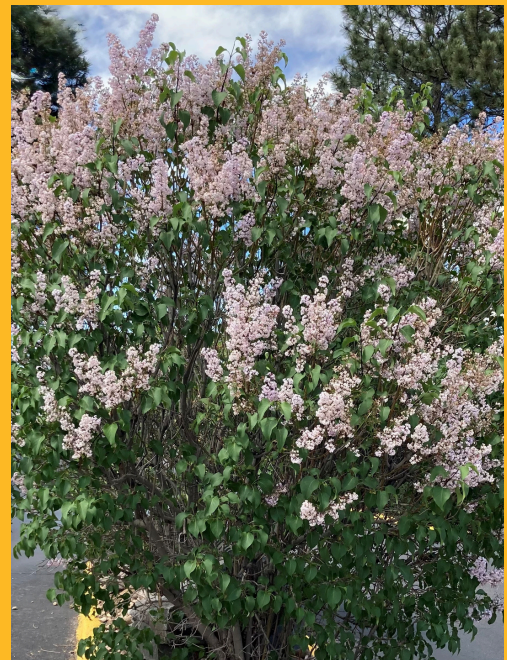


Photo Credit: NextChapter  
Photography Student Michael Carr

## 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