

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday – Sunday
30	1 Applications for free trees must be mailed before today. 9:00am (RR) Free Zumba and Fitness Class 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	2 3:15pm-5:15pm (ME) Wellness in the Garden 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	3 9:00am (RR) Free Zumba and Fitness Class	4 3:00pm-5:00pm (KM) Farmer's Market 3:15pm-5:15pm (ME) Wellness in the Garden	5 10:00am-12:00pm (KM) Farmer's Market 6
Labor Day 7	8 Opening Day for The Bridge Project (BP) – Child registration must happen before today. 9:00am (RR) Free Zumba and Fitness Class 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	9 8:00am-5:00pm (WC) Mammogram Van at Clinic Cancer screening in morning 3:15pm-5:15pm (ME) Wellness in the Garden 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class 6:00pm-8:00pm (RL) One-time cooking and nutrition class for adults and children.	10 9:00am (RR) Free Zumba and Fitness Class	11 3:00pm-5:00pm (KM) Farmer's Market 3:15pm-5:15pm (ME) Wellness in the Garden	12 10:00am-12:00pm (KM) Farmer's Market 12:00pm-4:00pm (CMS) Community Carnival 13
14	Mexican Independence Day 15 9:00am (RR) Free Zumba and Fitness Class 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	16 3:15pm-5:15pm (ME) Wellness in the Garden	17 9:00am (RR) Free Zumba and Fitness Class	18 3:00pm-5:00pm (KM) Farmer's Market	19 10:00am-12:00pm (KM) Farmer's Market 20
21	1 st Day of Autumn 22 9:00am (RR) Free Zumba and Fitness Class 6:00pm-7:30pm (MRBAD) Membership meeting at Quijote's Terrace, free appetizers and beverages 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	23 8:00am-5:00pm (WC) Mammogram Van at Clinic Cancer screening in morning 3:15pm-5:15pm (ME) Wellness in the Garden 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	24 9:00am (RR) Free Zumba and Fitness Class	25 3:00pm-4:30pm (ME) Farmer's Market 3:00pm-5:00pm (KM) Farmer's Market	26 10:00am-12:00pm (KM) Farmer's Market 27
28	29 9:00am (RR) Free Zumba and Fitness Class 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	30 3:15pm-5:15pm (ME) Wellness in the Garden 7:30pm-9:00pm (RR) Free Youth Hip-Hop Class	1	2	3 4

For more information OR If you would like your events or activities on the next LiveWell Westwood calendar, please contact us at livewellwestwood@ucdenver.edu / 303-556-5909

KEY

AL = Abraham Lincoln High
B&G = Boys & Girls Club
BP = The Bridge Project
BR = Barnum Recreation Center
BS = Bike Shop on Morrison

BU = Bethany United Methodist Church
CE = Castro Elementary
CL = Councilman Lopez' Office
CMS = CMS Community School
CR = Crossroads of the Rockies

DIC = Denver Indian Center
DUG = Denver Urban Gardens
GS = Good Shepherd Lutheran Church
IG = Iglesia Lutrana Cristo Rey
KE = Knapp Elementary

KM = Kepner Middle School
ME = Munroe Elementary
MRBAD = Morrison Rd Business Assn.
NAMES = Native American Multicultural Education School

RL = Redeemer Lutheran Church
RR = Rude Recreation Center
SA = St. Anthony's Catholic Church
WC = Westwood Family Clinic

lunes	martes	miércoles	jueves	viernes	sábado-domingo
30	1 Debe aplicarse para arboles gratis antes de hoy. 9:00am (RR) Clases gratis de ejercicio (Zumba) 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	2 3:15pm-5:15pm (ME) Bienestar en el Jardín 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	3 9:00am (RR) Clases gratis de Zumba y ejercicio	4 3:00pm-5:00pm (KM) Mercado de Granjeros 3:15pm-5:15pm (ME) Bienestar en el Jardín	5 10:00am-12:00pm (KM) Mercado de Granjeros 6
<i>Día de Trabajo</i> 7	8 Primer día de The Bridge Project (BP) – Deben inscribirse a sus niños antes de hoy. 9:00am (RR) Clases gratis de ejercicio (Zumba) 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	9 8:00am-5:00pm (WC) Camión de mamograma Pruebas de Papanicolaou 3:15pm-5:15pm (ME) Bienestar en el Jardín 6:00pm-8:00pm (RL) Clase de cocinar y nutrición. 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	10 9:00am (RR) Clases gratis de Zumba y ejercicio	11 3:00pm-5:00pm (KM) Mercado de Granjeros 3:15pm-5:15pm (ME) Bienestar en el Jardín	12 10:00am-12:00pm (KM) Mercado de Granjeros 12:00pm-4:00pm (CMS) Carnaval para la comunidad 13
14	<i>Día de Independencia Mexicana</i> 15 9:00am (RR) Clases gratis de ejercicio (Zumba) 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	16 3:15pm-5:15pm (ME) Bienestar en el Jardín 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	17 9:00am (RR) Clases gratis de Zumba y ejercicio	18 3:00pm-5:00pm (KM) Mercado de Granjeros 3:15pm-5:15pm (ME) Bienestar en el Jardín	19 10:00am-12:00pm (KM) Mercado de Granjeros 20
21	<i>Primer día del otoño</i> 22 9:00am (RR) Clases gratis de ejercicio (Zumba) 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	23 8:00am-5:00pm (WC) Camión de mamograma Pruebas de Papanicolaou 3:15pm-5:15pm (ME) Bienestar en el Jardín 7:30pm-9:00pm (RR) Clases de hip-hop para jóvenes	24 9:00am (RR) Clases gratis de Zumba y ejercicio	25 3:00pm-5:00pm (KM) Mercado de Granjeros 3:15pm-5:15pm (ME) Bienestar en el Jardín	26 10:00am-12:00pm (KM) Mercado de Granjeros 27
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Para más información O si quisiera sus eventos o actividades en el calendario de LiveWell Westwood, favor de contactarnos: livewellwestwood@ucdenver.edu / 303-556-5909

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