

The Center Calendar of Events: MAY 2023

Mon	Tue	Wed	Thu	Fri
<p>1 <u>Morning:</u></p> <p>Movie Monday: The Soloist</p> <p>Mindfulness Group</p> <p><u>Afternoon:</u> Meal Planning, Snack, Volunteer Time</p>	<p>2 <u>Morning:</u></p> <p>YMCA Outing</p> <p><u>Afternoon:</u> Coping with Anxiety</p> <p>Snack, Volunteer Time</p>	<p>3 <u>Morning:</u></p> <p>Dollar Tree Outing</p> <p><u>Afternoon:</u> Budgeting Skills</p> <p>Snack, Volunteer Time</p>	<p>4 <u>Morning:</u></p> <p>Alcohol Temperance</p> <p>Nutrition Tips</p> <p><u>Afternoon:</u> Walmart Outing Volunteer Time</p>	<p>5 <u>Morning:</u></p> <p>Optimal Laundry Group</p> <p><u>Afternoon:</u> Women's Group (with Tracy from 1-2pm)</p> <p>Snack, Volunteer Time</p>
<p>8 <u>Morning:</u></p> <p>Movie Monday: Good Will Hunting</p> <p>Anger Management Group</p> <p><u>Afternoon:</u> Nutrition Tips, Snack, Volunteer Time</p>	<p>9 <u>Morning:</u></p> <p>YMCA Outing</p> <p><u>Afternoon:</u> Relapsing on Substances</p> <p>Snack, Volunteer Time</p>	<p>10 <u>Morning:</u></p> <p>Capital Mall Outing</p> <p><u>Afternoon:</u> Personal Hygiene</p> <p>Snack, Volunteer Time</p>	<p>11 <u>Morning:</u></p> <p>Managing Symptoms</p> <p>Moving n' Groovin</p> <p><u>Afternoon:</u> Walmart Outing Volunteer Time</p>	<p>12 <u>Morning:</u></p> <p>Cooking Techniques</p> <p><u>Afternoon:</u> Women's Group (with Tracy from 1-2pm)</p> <p>Snack, Volunteer Time</p>
<p>15 <u>Morning:</u></p> <p>Movie Monday: Perks of Being a Wallflower</p> <p>Motivation Group</p> <p><u>Afternoon:</u> Emergency Prep, Snack, Volunteer Time</p>	<p>16 <u>Morning:</u></p> <p>YMCA Outing</p> <p><u>Afternoon:</u> Art and Recovery</p> <p>Snack, Volunteer Time</p>	<p>17 <u>Morning:</u></p> <p>Goodwill Outing</p> <p><u>Afternoon:</u> Transportation Options</p> <p>Snack, Volunteer Time</p>	<p>18 <u>Morning:</u></p> <p>Understanding Mental Illness</p> <p>Starting a Diet</p> <p><u>Afternoon:</u> Walmart Outing Volunteer Time</p>	<p>19 <u>Morning:</u></p> <p>Clothing Care</p> <p><u>Afternoon:</u> Women's Group (with Tracy from 1-2pm)</p> <p>Snack, Volunteer Time</p>
<p>22 <u>Morning:</u></p> <p>Movie Monday: It's Kind of a Funny Story</p> <p>Mindfulness Group</p> <p><u>Afternoon:</u> Budgeting Skills, Snack, Volunteer Time</p>	<p>23 <u>Morning:</u></p> <p>YMCA Outing & Town Hall</p> <p><u>Afternoon:</u> Coping with Anxiety</p> <p>Snack, Volunteer Time</p>	<p>24 <u>Morning:</u></p> <p>Staff's Choice Outing!!</p> <p><u>Afternoon:</u> Choosing Groceries</p> <p>Snack, Volunteer Time</p>	<p>25</p> <p><u>Farm Bureau Tour & Lunch</u></p> <p>(9:30am to 1pm)</p> <p>Center will still be open but there will be only sack lunch.</p>	<p>26 <u>Morning:</u></p> <p>Budgeting</p> <p><u>Afternoon:</u> Women's Group (with Tracy from 1-2pm)</p> <p>Snack, Volunteer Time</p>
<p>29</p> <p><u>PSR CENTER IS CLOSED</u></p> <p>(Free Space for May Bingo)</p>	<p>30 <u>Morning:</u></p> <p>YMCA Outing</p> <p><u>Afternoon:</u> Personal Hygiene</p> <p>Snack, Volunteer Time</p>	<p>31 <u>Morning:</u></p> <p>House of Bargains Outing</p> <p><u>Afternoon:</u> Anger Management</p> <p>Snack, Volunteer Time</p>	<p>THIS MONTH IS MAY BINGO.</p>	
		<p>COME 5 DAYS IN A ROW IN ANY DIRECTION TO GET A GIFT FROM PSR STAFF</p>		



May 2023

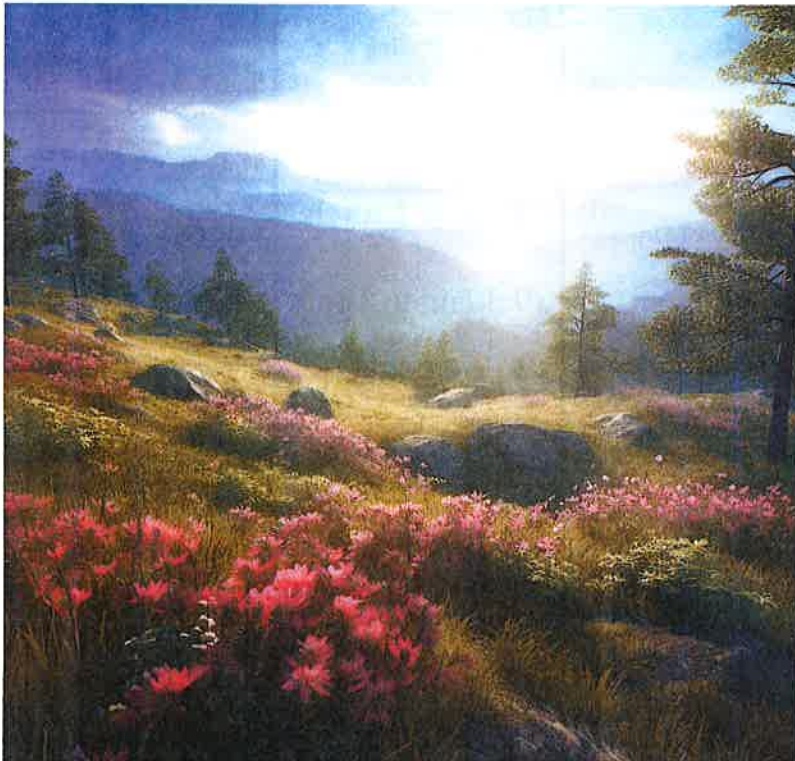
What's Happening?

- This month's program is MAY BINGO!!! Attend the center frequently and get a bingo on the calendar to get a gift from the PSR staff
- The PSR will be open from 9am-2pm Monday-Friday. **The PSR is closed on May 29th for Memorial Day**

Groups

- Understanding Mental Illness
- Alcohol Temperance
- Managing Symptoms
- Stress Management

AND MORE....



May Fast Facts!

May is named after Maia, the Roman goddess of fertility. It's the only month that spells "yam" when rearranged. May symbolizes growth and new beginnings.

May hosts exciting events. The Kentucky Derby, a famous US horse race, is on the first Saturday. Europe celebrates Europe Day on May 9th, remembering the start of the European Union.



What's on your mind?

If you have suggestions or requests please let us know. You can leave a suggestion in the suggestion box located in the office lobby and The Center or let a staff member know.

We want to hear from you!

The Center Lunch Calendar: MAY 2023

Mon	Tue	Wed	Thu	Fri
1 Chicken Salad Sandwich Pickle Spears Fresh Fruit	2 Taco Salad Tortilla Chips Avocado Slices	3 Chefs' Choice	4 BBQ Meat balls Mac & Cheese Garden Salad	5 Hamburger on Bun Celery and Carrot stick Fruit cocktail
8 Grilled Cheese Tomato Soup	9 Taco Soup Spiced Apple Sauce	10 Sack Lunch	11 Tater Tot casserole Green Beans Fruit	12 Pizza Garden salad Fruit cocktail
15 Ham and Cheese Sandwich Cottage cheese/fruit	16 Chicken Fajitas Fiesta Rice	17 Chefs' Choice	18 Chicken Casserole Peas and carrots	19 Sloppy Joe on bun Whole Kernel Corn Fruit Cocktail
22 Lunchmeat and Cheese Sandwich Creamy Potato Soup	23 Beefy Seven Layer Dip with tortilla chips Fruit cup	24 Pulled pork sandwich Potato salad	25 Sack Lunch	26 Pizza Garden Salad Fruit Cocktail

Lunch is everyday from 11:30am-11:50am

**All lunches cost two dollars or 4 Volunteer Tickets
(For people in the community, excluding Maplewood)**

NO EXCEPTIONS