

JC Center Activity Calendar November 2022

Center is open 9 am—2:00 pm

Lunch Served 11:30—12:00

You are welcome to sign up for a center lunch for \$2 or bring your own lunch from home.

Mon	Tue	Wed	Thu	Fri
	1 9 Meet and Greet 10 Center Exercise 11 Social Time 12 Cooking club 1 Games/Leisure/ decorate	2 9 Meet and Greet 10 outing to HOB 12 Mindfulness 1 IMR – Reducing relapses 1:30 Games/Leisure	3 9 Meet and Greet 10 Stress Management 11 Social Time 1 Covid Awareness 1:30 Games/Leisure	4 9 Meet and Greet 10 Outing to dollar general 11 Social Time 12 Cooking Club 1:30 Games/Leisure
7 Walmart trip 10 am . Only those who have signed up will be allowed to go. Center not open for walk ins today	8 9 Meet and Greet 10 Moving and Grooving 11 Diabetes Management 12 Suicide Awareness 1:30 Games/Leisure	9 9 IMR – Reducing relapses 10 outing to dollar tree 11 Mindfulness 1:30 Games/Leisure	10 9 Meet and Greet 10 Budgeting 11 Suicide prevention 12 Anger Management 1:30 Games/Leisure	11 9 Meet and Greet 9:30 Conflict Prevention 10 Cooking Club 11 Social Time 12 BINGO
14 Center closed No Walmart trip.	15 9 Meet and Greet 10 Get Up and Move 12 IMR –Reducing relapses 1 Mindfulness 1:30 Games and Leisure	16 9 Meet and Greet 10 Outing to HOB 1 Stress Management 1:30 Games/Leisure	17 9 Meet and Greet 10 Center Exercise 11 Cooking Club 12 Covid Awareness 1 Goal Setting 1:30 Games/Leisure	18 9 Meet and Greet 10 Outing 5 below 11 Social Time 12 BINGO
21 Center closed Thanksgiving meal delivery. No Walmart trip.	22 9 Meet and Greet 10 Get Up and Groove 11 Social Time 12 Intro to CBT 1:30 Center Volunteer	23 9 Meet and Greet 10 Outing the Y 12 IMR – Reducing relapses 1 Stress Management	24 Center closed Thanksgiving	25 Center closed
28 Center closed No Walmart trip.	29 9 Meet and Greet 10 Center Exercise 11 Social Time 12 Cooking club 1 Games/Leisure/ decorate	30 Meet and Greet 10 outing to the Library 12 Mindfulness 1 IMR – Reducing relapses		

JC Center Lunch Calendar November 2022

Center is open 9 am—2:00 pm

Lunch Served 1130—12:00

You are welcome to sign up for a center lunch for \$2 or bring your own lunch from home.

Mon	Tue	Wed	Thu	Fri
	1 Spaghetti and meatballs Salad, garlic bread	2 Baked potato bar	3 Hawaiian haystacks	4 Pizza Salad Garlic bread
7 No lunch	8 Quesadilla Spanish rice Refried beans	9 Sack lunch Sandwich, yogurt, fruit, cheese stick.	10 Shepperd's pie Salad fruit	11 Hamburger Tater tots
14 No lunch	15 Taco salad	16 Sack lunch Sandwich, yogurt, fruit, cheese stick.	17 Meatloaf Mac and cheese Veggie, fruit	18 Pizza Salad Garlic bread
21 No lunch	22 Tacos. Soft & Hard Spanish rice	23 Sack lunch Sandwich, yogurt, fruit, cheese stick.	24	25
28	29 Spaghetti and meatballs Salad, garlic bread	30 Sack lunch Sandwich, yogurt, fruit, cheese stick.	1 Hawaiian haystacks	2 Pizza Salad Garlic bread