

April 2019

Mon	Tue	Wed	Thu	Fri
1 April Fool's Day <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:00 Reminiscent Corner 1:00 Wal-Mart/Dollar Tree 2:30 BINGO	2 10:30 Community Experience The Columbia Mall 11:00 Conversation Cube 12:30 Music Round Up: Karaoke/Open Mic 1:30 The Wardrobe Or Current Events/Board Games	3 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength	4 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u> 1:00 Public Library	5 <u>10:30—Art and Recovery: Ceramics</u> 11:45 Monthly Meeting 1:00 Food Pantry Access Or Current Events/ Board Games 1:30 Tourny: BUNCO
8 <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:00 Men's Roundtable/ Women's Roundtable: How to Avoid Undesired Conversation (Part 2) 12:30 Bowling 2:30 BINGO <i>blackout</i>	9 10:30 Community Experience The Goodwill Store 11:00 Conversation Cube 12:30 Music Round Up: YouTube Karaoke 1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games	10 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength	11 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> <u>2—Healthy Living Grp:</u> Spring Hygiene	12 <u>10:30—Infection Control Training</u> 12:30 Monthly Janitorial MTG 1:00 Pool Tourny (prizes) 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games
15 <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:00 Category Game 1:00 Wal-Mart/Dollar Tree 2:30 BINGO	16 10:30 Community Experience TBA 11:00 Conversation Cube 12:30 Music Round Up: YouTube Karaoke 1:00 Food Pantry Access Or Current Events/Board Games	17 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength	18 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Documentary/Discuss "Procrastination"	19 10:30 Holiday Crafts: Make & Take Dyed Eggs 1:30 Aldi's Grocery Or Current Events/ Board Games 1:30 Tourny: Phase 10
22 <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:00 Total Recall: This was the Year! 1942 12:30 Bowling	23 10:30 Community Experience TBA 11:00 Conversation Cube 12:30 Music Round Up: Karaoke/Open Mic! 1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games	24 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength	25 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Public Library <u>2—Healthy Living Grp:</u> Gardening Seeds for Serenity	26 <u>10:30—Art and Recovery: Ceramics</u> 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourny: Washers
29 Easter Monday! <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 2:30 BINGO <i>blackout</i>	30 10:30 Community Experience Nature Trail Scavenger Hunt 11:00 Conversation Cube 12:30 Music Round Up: Name That Tune w/ Prizes 1:00 Wal-Mart/Dollar Tree Or Current Events/Board Games	Calendar Notes: Please note that Nyra Center now makes trips to the food pantry. Sign up sheets are available at the center desk. Consumers are permitted to go 1 time per month with Nyra. 4/11—Spring Hygiene: Get great tips on how to refresh and spring forward with good personal hygiene. 4/25—Seeds for Serenity: Tap into some of the unexpected benefits of gardening and enjoy potting a plant for you to enjoy at home.		

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1 Swedish Meatballs over rice Mixed Veggies Fruit Side Salad	2 Ranch Chicken Bacon Wrap Broccoli Salad Fruit	3 Turkey Pastrami Sandwich Chips Fruit Salad	4 Tater Tot Casserole Peas Fruit Side Salad	5 Chicken Fajita Salad (Lettuce, chicken, peppers, onions, tomato, sour cream, salsa, tortilla strips) Fruit
8 Lemon Pepper Tilapia Seasoned Rice Green Beans Salad	9 Chicken Salad (Sandwich or Cracker) Chips Fruit Side Salad	10 Sloppy Joe Fries Fruit Side Salad	11 Taco Salad (Lettuce, beef, cheese, tomato, corn chips, taco sauce, sour cream) Fruit	12 Oven-Fried Chicken Mashed Potato Mixed Veggies Salad
15 Southwest Chicken Salad (Greens, chicken, corn, black beans, green onion, tomato, tortilla strips) Southwest Dressing Fruit	16 California Turkey Wrap (Tortilla, turkey, lettuce, tomato, avocado) Pickle Spear Fruit	17 Fish Fillet Sandwich Cole Slaw Fruit	18 Honey BBQ Wings (3 pcs) Mac n Cheese Peas Salad	19 BBQ Pulled Pork Cole Slaw Fruit
22 Teriyaki Chicken Broccoli Fruit Salad	23 BLT Cottage Cheese Fruit Salad	24 Crispy Chicken Patty Cottage Cheese Fruit Side Salad	25 Beef n Cheese Burrito Mexican Corn Fruit Salad	26 Lasagna (Reg or Veggie) Green Beans Fruit Salad
29 Hot Ham n Swiss Chips Fruit Salad	30 Chicken Nuggets Broccoli Normandy Fruit Side Salad			