

# April 2018

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>1:00 Walmart</p> <p>2:30 BINGO</p>	<p>3</p> <p>10:30 Community Experience The Columbia Mall</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:30 The Wardrobe Or Current Events/Board Games</p>	<p>4</p> <p><u>10:30 Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p><u>2- Healthy Living</u></p> <p>2:30 Center Exercise</p>	<p>5</p> <p><u>10- ITCD Support</u></p> <p><u>10:30- Smoke Less &amp; Breathe Easier</u></p> <p><u>11- Mindfulness</u></p>	<p>6</p> <p><u>10:30- Art and Recovery: Ceramics</u></p> <p>11:45 Monthly Meeting</p> <p>1:00 Walmart/ Dollar Tree Or Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
<p>9</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>12:30 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p>10</p> <p>10:30 Community Experience The Goodwill Store</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:30 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>11</p> <p><u>10:30 Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p>2:30 Center Exercise</p>	<p>12</p> <p><u>9:30- Diabetes Convo Group</u></p> <p><u>10- ITCD Support</u></p> <p><u>10:30- Smoke Less &amp; Breathe Easier</u></p> <p><u>11- Mindfulness</u></p> <p><u>1:30- Healthy Communication</u></p>	<p>13</p> <p><u>10:30- Art and Recovery</u></p> <p>11:00 Hobby Hut</p> <p>12:30 Monthly Janitorial MTG</p> <p>1:00 Food Pantry Or Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
<p>16</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>1:00 Walmart</p> <p>2:30 BINGO</p>	<p>17</p> <p>10:30 Community Experience Strawberry Hill Nursery</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:00 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>18</p> <p><u>10:30 Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p><u>2- Healthy Living</u></p> <p>2:30 Center Exercise</p>	<p>19</p> <p><u>10- ITCD Support</u></p> <p><u>10:30- Smoke Less &amp; Breathe Easier</u></p> <p><u>11- Mindfulness</u></p> <p>12:30 Movie &amp; Discussion: <i>Frozen</i></p>	<p>20</p> <p><u>10:30- Art and Recovery: Ceramics</u></p> <p>1:00 Aldi's Or Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
<p>23</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>12:30 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p>24</p> <p>10:30 Community Experience Audubon Bird Watching Sanctuary</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:00 Food Pantry Or Current Events/Board Games</p>	<p>25</p> <p><u>10:30- Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p>2:30 Center Exercise</p>	<p>26</p> <p><u>10- ITCD Support</u></p> <p><u>10:30- Smoke Less &amp; Breathe Easier</u></p> <p><u>11- Mindfulness</u></p> <p><u>1- Diabetes Convo Group</u></p> <p><u>1:30- Healthy Communication</u></p>	<p>27</p> <p><u>10:30- Art and Recovery</u></p> <p>11:00 Hobby Hut</p> <p>1:00 Walmart/Dollar Tree Or Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
<p>30</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>1:00 Walmart</p> <p>2:30 BINGO</p>				<p>Calendar Notes:</p> <p>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.</p>



# April 2018

Mon	Tue	Super Salad Wednesday	Thu	Fri
<p>2</p> <p>Spaghetti Corn Fruit Side Salad</p>	<p>3</p> <p>Corn Dogs (2) Green Beans Fruit Side Salad</p>	<p>4</p> <p><b>Chicken Cordon Bleu Salad</b> (Romaine, chicken, ham, Swiss cheese, tomato) Vinaigrette dressing Fresh Fruit</p>	<p>5</p> <p>Turkey Pastrami Broccoli Salad Fruit</p>	<p>6</p> <p>Baked fish (Lemon Pepper Tilapia) Mixed Veggies Seasoned Rice Side Salad</p>
<p>9</p> <p>Teriyaki Chicken Rice Broccoli Side Salad</p>	<p>10</p> <p>California Turkey Club Wrap (Tortilla, turkey, bacon, tomato, avocado, lettuce) Pickle Spear Fruit</p>	<p>11</p> <p><b>Beef Taco Salad</b> (Lettuce, beef, cheese, tomato, green onion, sour cream, salsa, chips) Fresh Fruit</p>	<p>12</p> <p>Hot Ham n Swiss Fruit Chips Side Salad</p>	<p>13</p> <p>Chicken Pattie Cottage Cheese Fruit Side Salad</p>
<p>16</p> <p>Swedish Meatballs over Rice Mixed Veggies Fruit Side Salad</p>	<p>17</p> <p>BLT 5-bean salad Fruit Side Salad</p>	<p>18</p> <p><b>BBQ Chicken Salad</b> (Green, BBQ chicken, corn, black beans, green onion) Club Crackers Fresh Fruit</p>	<p>19</p> <p>Turkey Sandwich Chips Fruit Side Salad</p>	<p>20</p> <p>Popcorn Chicken Green Beans Mashed Potatoes Side Salad</p>
<p>23</p> <p>Lasagna (Reg. or Veggie) Green Beans Fruit Side Salad</p>	<p>24</p> <p>Sloppy Joe Fries Cole Slaw Fruit</p>	<p>25</p> <p><b>Chicken Fajita Salad</b> (Lettuce, chicken, peppers, onions, tomato, sour cream, salsa, tortilla strips) Fresh Fruit</p>	<p>26</p> <p>Tuna Salad (Sandwich or Crackers) Chips Fruit Side Salad</p>	<p>27</p> <p>BBQ COOKOUT BBQ Grilled Chicken Macaroni Salad Fruit Side Salad</p>
<p>30</p> <p>Open Faced Roast Beef (Potatoes, roast beef, gravy) Mixed Veggies Fruit Side Salad</p>				