

## August 2017

Mon	Tue	Wed	Thu	Fri
	<p style="text-align: center;"><b>1</b></p> <p>10:30 Community Experience Columbia Mall <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/ Dollar Tree Or Current Events/Board Games</p>	<p style="text-align: center;"><b>2</b></p> <p><u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise</p>	<p style="text-align: center;"><b>3</b></p> <p><u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:00 Softball Team Practice <u>2- Healthy Living</u></p>	<p style="text-align: center;"><b>4</b></p> <p><u>10:30- Art and Recovery</u> 11:45 Monthly Meeting 12:30 Walmart/ Dollar Tree Or Current Events/ Board Games 1:30 Tourney- 10K</p>
<p style="text-align: center;"><b>7</b></p> <p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p style="text-align: center;"><b>8</b></p> <p>10:30 Community Experience The Goodwill Thrift Store <u>11-CBT</u> 12:30 Music Round Up 1:00 The Wardrobe 1:30 <b>Food Pantry</b> Or Current Events/Board Games</p>	<p style="text-align: center;"><b>9</b></p> <p><u>10:30 Dr. Moline Presentation</u> "Where Do I Go?" 2:30 Center Exercise</p>	<p style="text-align: center;"><b>10</b></p> <p><u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:00 Public Library <u>2- Healthy Living</u></p>	<p style="text-align: center;"><b>11</b></p> <p><u>10:30- Art and Recovery: Ceramics</u> 11:30 Janitorial Meeting 12:30 Walmart/ Dollar Tree Or Current Events/ Board Games 1:30 Tourney- Phase 10</p>
<p style="text-align: center;"><b>14</b></p> <p><b>**NO Healthy Communications</b> 10:30 Crafty Creations <u>11- ITCD Education</u> <b>**NO Bowling</b> 2:30 BINGO</p>	<p style="text-align: center;"><b>15</b></p> <p><b>**NO Community Experience</b> <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/ Dollar Tree Or Current Events/Board Games</p>	<p style="text-align: center;"><b>16</b></p> <p><u>10:30 Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise</p>	<p style="text-align: center;"><b>17</b></p> <p><u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:00 Softball Team Practice <u>2- Healthy Living</u></p>	<p style="text-align: center;"><b>18</b></p> <p><u>10:30- Art and Recovery</u> 10:30 COMO vs JC Pool Tournament 12:30 Walmart/ Dollar Tree Or Current Events/ Board Games</p>
<p style="text-align: center;"><b>21</b></p> <p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p style="text-align: center;"><b>22</b></p> <p>10:30 Community Experience Play It Again Sports <u>11-CBT</u> 12:30 Music Round Up 1:30 Food Pantry Or Current Events/Board Games</p>	<p style="text-align: center;"><b>23</b></p> <p><u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise</p>	<p style="text-align: center;"><b>24</b></p> <p><u>10- ITCD Support</u> <u>11- Mindfulness</u> <u>2- Healthy Living</u></p>	<p style="text-align: center;"><b>25</b></p> <p><u>10:30- Art and Recovery- Ceramics</u> 12:30 Walmart/ Dollar Tree Or Current Events/ Board Games 1:30 Tourney- 2/3 Bunco</p>
<p style="text-align: center;"><b>28</b></p> <p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 2:30 BINGO</p>	<p style="text-align: center;"><b>29</b></p> <p>10:30 Community Experience Museum of Art &amp; Archeology <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/ Dollar Tree Or Current Events/Board Games</p>	<p style="text-align: center;"><b>30</b></p> <p><u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise</p>	<p style="text-align: center;"><b>31</b></p> <p><u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:00 Public Library <u>2- Healthy Living</u></p>	<p><b>Calendar Notes:</b></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>

## August 2017

Mon	Tue	Super Salad Wednesday	Thu	Fri
	1	2	3	4
	Turkey Pastrami Sandwich Fruit Chips Side Salad	<b><u>BLT COBB Salad</u></b> (Salad greens, chicken, egg, tomato, bacon, cheese) <i>*Avocado Ranch dressing</i> Fresh Fruit Choice	Sloppy Joe Tater Tots Fruit Side Salad	Pepperoni/Sausage Pizza (2 slices) Fruit Side Salad
7	8	9	10	11
Swedish Meatballs served over rice Mixed Veggies Fruit Side Salad	Chicken Salad (Sandwich or Crackers) Fruit Chips Side Salad	<b><u>Taco Salad</u></b> (Shredded lettuce, seasoned ground beef, tomato, cheese, taco sauce, corn chips) Fresh Fruit Choice	Chicken Nuggets Mac n Cheese Peas Side Salad	Corn Dogs (2) Green Beans Fruit Side Salad
14	15	16	17	18
Alfredo Chicken Broccoli Fruit Side Salad	Chicken Pattie Cottage Cheese Fruit Side Salad	<b><u>BBQ Chicken Salad</u></b> (Greens, BBQ seasoned chicken, corn, black beans, green onion, tomato) Dinner Roll Fresh Fruit	BLT Cottage Cheese Fruit Side Salad	BBQ Pulled Pork Cole Slaw Fruit
21	22	23	24	25
Lasagna (Reg. or Veggie) Corn Fruit Side Salad	Chicken Caesar Wrap (tortilla with chicken, parmesan cheese, & romaine) Fruit Side Salad	<b><u>Chef's Salad</u></b> (Lettuce, turkey, ham, egg, tomato, cheese, bacon bits) Club Crackers Fresh Fruit	Chili Dog Chips Fruit Side Salad	Meatloaf Mashed Potato Green Beans Side Salad
28	29	30	31	
Meatball Sub (meatballs, marinara sauce, mozzarella cheese) Cucumber/ Tomato Fruit	Fish Fillet Sandwich Cole Slaw Fruit	<b><u>Mediterranean Chicken Salad</u></b> (Romaine, oregano-marinated chicken, cucumber, tomato, olives, red pepper) Garlic Toast Fresh Fruit Choice	Tuna Salad (Sandwich or Crackers) Fruit Chips Side Salad	