


# December 2018

Mon	Tue	Wed	Thu	Fri
<p><b>3</b>  <u>10:30—Healthy Communications</u>  <u>11—ITCD Education</u>                      11:30 Categories Game                      12:30 Bowling                      2:30 BINGO <i>blackout</i></p>	<p><b>4</b>                      10:30 Community Experience  <b>The Columbia Mall</b>                      12:30 Music Round Up:  <b>Holiday Karaoke</b>                      1:30 Wal-Mart/Dollar Tree                      Or                      Current Events/Board Games</p>	<p><b>5</b>  <u>10:30—Illness Mgmt Recovery Grp</u>  <u>11—Anger Mgmt</u>  <u>1—Personal Growth</u>                      2:00 Bodies in Motion</p>	<p><b>6</b>  <u>9:30—Fit Factor</u>  <u>10—ITCD Support</u>  <u>11—Mindfulness</u>                      1:30 Public Library  <u>2—Healthy Living Grp</u></p>	<p><b>7</b>  <u>10:30—Art and Recovery: Ceramics</u>  <b>11:45 Monthly Meeting</b>                      1:00 Food Pantry Access                      Or                      Current Events/ Board Games                      1:30 Tourney: Yahtzee</p>
<p><b>10</b>  <u>10:30—Healthy Communications</u>  <u>11—ITCD Education</u>                      11:30 Bulletin Board Trivia                      1:00 Walmart/Dollar Tree                      2:30 BINGO</p>	<p><b>11</b>                      10:30 Community Experience  <b>The Goodwill Store</b>                      12:30 Music Round Up:  <b>Holiday Name That Tune</b>                      1:30 The Wardrobe                      Or                      Current Events/Board Games</p>	<p><b>12</b>  <u>10:30—Illness Mgmt Recovery Grp</u>  <u>11—Anger Mgmt</u>  <u>1—Personal Growth</u>                      2:00 Bodies in Motion</p>	<p><b>13</b>  <u>9:30—Diabetes Convo Grp</u>  <u>10—ITCD Support</u>  <u>11—Mindfulness</u>  <u>2—Healthy Living Grp</u></p>	<p><b>14</b>  <u>10:30—Art and Recovery</u>                      12:30 Pool Tourney                      1:30 Aldi’s Grocery                      Or                      Current Events/ Board Games</p> <p style="text-align: center;">DON’T FORGET ON SATURDAY                        HOLIDAY LIGHTS W/ KARSTEN!</p>
<p><b>17</b>  <u>10:30—Healthy Communications</u>  <u>11—ITCD Education</u>                      11:00 Reminiscing Corner                      12:30 Bowling                      2:30 BINGO <i>blackout</i></p>	<p><b>18</b>                      10:30 Community Experience  <b>Santa’s Wonderland (@ Bass Pro)</b>                      12:30 Music Round Up:  <b>Holiday Karaoke</b>                      1:30 Wal-Mart/Dollar Tree                      Or                      Current Events/Board Games</p>	<p><b>19</b>  <u>10:30—Illness Mgmt Recovery Grp</u>  <u>11—Anger Mgmt</u>  <u>1—Personal Growth</u>                      2:00 Bodies in Motion                      4:30 Christmas Dance in Jeff City</p>	<p><b>20</b>  <u>9:30—Fit Factor</u>  <u>10—ITCD Support</u>  <u>11—Mindfulness</u>                      12:30 Movie &amp; Discussion:                      Elf!</p>	<p><b>21</b>                      10:30—1:00pm                      Nyra Center                      Winter Holiday Social                      1:30 Wal-Mart/Dollar Tree                      Or                      Current Events/ Board Games</p>
<p><b>24</b>  <u>10:30—Healthy Communications</u>  <u>11—ITCD Education</u>                      11:00 Total Recall:  <b>This was the Year! 1999</b>                      1:30 BINGO</p>	<p><b>25</b>                      Christmas Day                      New Horizons &amp;                      Nyra Center                      Closed</p>	<p><b>26</b>  <u>10:30—Illness Mgmt Recovery Grp</u>  <u>11—Anger Mgmt</u>  <u>1—Personal Growth</u>                      2:00 Bodies in Motion</p>	<p><b>27</b>  <u>9:30—Diabetes Convo Grp</u>  <u>10—ITCD Support</u>  <u>11—Mindfulness</u>  <u>2—Healthy Living Grp</u></p>	<p><b>28</b>  <u>10:30—Art and Recovery: Ceramics</u>                      1:30 Wal-Mart/Dollar Tree                      Or                      Current Events/ Board Games</p>
<p><b>31</b>  <u>10:30—Healthy Communications</u>  <u>11—ITCD Education</u>                      12:30 Bowling                      2:30 BINGO <i>blackout</i></p>	<p><b>1</b>                      New Year’s Day                      New Horizons &amp;                      Nyra Center                      Closed</p>			<p><b>Calendar Notes:</b>                      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>

# December 2018

Mon	Tue	Hot Bowl Hump Day Wednesday	Thu	Fri
3 <b>Lasagna</b> <b>(Reg or Veggie)</b> <b>Green Beans</b> <b>Fruit</b> <b>Side Salad</b>	4 <b>Beef Soft Taco</b> <b>Refried Beans</b> <b>Fruit</b> <b>Side Salad</b>	5 <b>Turkey Burger w/ veggie soup</b> <b>Dinner Roll</b> <b>Fruit</b> <b>Side Salad</b>	6 <b>Hot Ham n Swiss</b> <b>Chips</b> <b>Fruit</b> <b>Side Salad</b>	7 <b>Baked Fish</b> <b>(Parmesan Tilapia)</b> <b>Broccoli Normandy</b> <b>Cole Slaw</b>
10 <b>Tuna Noodle</b> <b>Casserole</b> <b>Peas</b> <b>Fruit</b> <b>Side Salad</b>	11 <b>Chicken Pattie</b> <b>Cottage Cheese</b> <b>Fruit</b> <b>Side Salad</b>	12 <b>Chili</b> <b>Cornbread</b> <b>Fruit</b> <b>Side Salad</b>	13 <b>Corn Dogs (2)</b> <b>Green Beans</b> <b>Fruit</b> <b>Side Salad</b>	14 <b>Open-Face Roast</b> <b>Beef</b> <b>Glazed Carrots</b> <b>Fruit</b> <b>Side Salad</b>
17 <b>Teriyaki Chicken</b> <b>Rice</b> <b>Broccoli</b> <b>Side Salad</b>	18 <b>Chili Dog</b> <b>Chips</b> <b>Fruit</b> <b>Side Salad</b>	19 <b>Loaded Potato Soup</b> <b>½ Turkey Sandwich</b> <b>Fruit</b> <b>Side Salad</b>	20 <b>Sloppy Joe</b> <b>Fries</b> <b>Fruit</b> <b>Side Salad</b>	21 <b>Pepperoni Pizza (2)</b> <b>Fruit</b> <b>Side Salad</b>
24 <b>Fish Sticks (6pc.)</b> <b>Cole Slaw</b> <b>Green Beans</b> <b>Side Salad</b>	25 <b>Christmas Day</b> <b>New Horizons</b> <b>&amp;</b> <b>Nyra Center</b> <b>Closed</b>	26 <b>Chicken Noodle</b> <b>Soup</b> <b>Grilled Cheese</b> <b>Fruit</b> <b>Side Salad</b>	27 <b>Turkey Pastrami</b> <b>Chips</b> <b>Fruit</b> <b>Side Salad</b>	28 <b>Meatloaf</b> <b>Mashed Potato w/ gravy</b> <b>Green Beans</b> <b>Side Salad</b>
31 <b>Chicken Fajita</b> <b>Refried Beans</b> <b>Fruit</b> <b>Side Salad</b>	1 <b>New Year's Day</b> <b>New Horizons</b> <b>&amp;</b> <b>Nyra Center</b> <b>Closed</b>			