


February 2019

Mon	Tue	Wed	Thu	Fri
<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>				
<p>4</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:30 Bulletin Board Trivia 1:00 Walmart/Dollar Tree 2:30 BINGO</p>	<p>5 Chinese New Year</p> <p>10:30 Community Experience The Columbia Mall 12:30 Music Round Up: Karaoke/Open Mic 1:30 The Wardrobe Or Current Events/Board Games</p> 	<p>6</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength</p>	<p>7</p> <p><u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 6</u> <u>11—Mindfulness</u> <u>2—Healthy Living Grp:</u> Sleep Hygiene</p>	<p>1</p> <p><u>10:30—Art and Recovery</u> 11:00 Super Bowl Bingo 11:45 Monthly Meeting 1:00 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: Phase 10 Dice Game</p>
<p>11</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:00 Men’s Roundtable/ Women’s Roundtable: The Power of “No” 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>12</p> <p>10:30 Community Experience The Goodwill Store 12:30 Music Round Up: Karaoke/Open Mic! 1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>13</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p> <p>4:30 Valentine’s Dance in Jeff City</p>	<p>14</p> <p><u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 7</u> <u>11—Mindfulness</u></p> <p>1:00 Valentine’s Day Social At Nyra</p>	<p>15</p> <p><u>10:30—Art and Recovery</u> 1:00 Arm Chair Travels: Virtual Tour of China 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: Rummy</p>
<p>18</p> <p style="text-align: center;">President’s Day New Horizons & Nyra Center Closed</p>	<p>19</p> <p>10:30 Community Experience TBA 12:30 Music Round Up: Karaoke/Open Mic! 1:00 Food Pantry Access Or Current Events/Board Games</p>	<p>20</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength</p>	<p>21</p> <p><u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 8</u> <u>11—Mindfulness</u></p> <p>1:00 Documentary/Discuss “The Walking Man”</p>	<p>22</p> <p><u>10:30—Art and Recovery: Ceramics</u> 1:00 Culture Excursion: Explore China 1:30 Aldi’s Grocery Or Current Events/ Board Games 1:30 Tourney: Bunco</p>
<p>25</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:00 Total Recall: This was the Year! 1940 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>26</p> <p>10:30 Community Experience TBA 12:30 Music Round Up: Name That Tune w/ Prizes 1:00 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>27</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength</p>	<p>28</p> <p><u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 9</u> <u>11—Mindfulness</u> <u>2—Healthy Living Grp:</u> Heart Healthy Activities</p>	

February 2019

Mon	Tue	Hot Bowl Hump Day Wednesday	Thu	Fri
				Pre-Super Bowl 1 Nyra Nachos Tortilla chips topped with seasoned beef, cheese sauce, beans, tomato, green onion, salsa, sour cream Fruit
4 Turkey Sandwich Cottage Cheese Fruit Side Salad	Chinese New Year 5 Orange Chicken Stir Fry Veggies Fruit Eggroll Fortune Cookie! 	6 Chili Dog (cheese, relish, Onion) Chips Fruit Side Salad	7 Broccoli Cheddar Soup ½ Turkey Sandwich Fruit Side Salad	8 Baked Fish (Parmesan Tilapia) Mixed Veggies Cole Slaw
11 4pc. Chicken Wing Potato Salad Green Beans Side Salad	12 Tater Tot Casserole Peas Fruit Side Salad	13 Chicken Pattie Cottage Cheese Fruit Side Salad	Valentine's Day 14 Lasagna (Regular or Veggie) Corn Fruit Side Salad	15 Tuna Salad (sandwich or crackers) Chips Fruit Side Salad
18 President's Day New Horizons & Nyra Center Closed	19 Pepperoni Pizza (2) Fruit Side Salad	20 Fish Fillet Sandwich Green Beans Fruit Side Salad	21 Turkey Chili Cornbread Fruit Side Salad	22 Teriyaki Chicken Fried Rice Broccoli Side Salad
25 Garlic Chicken Pasta Fruit Side Salad	26 Taco Salad Lettuce, seasoned beef, tomatoes, cheese, green onion, taco sauce, sour cream Fruit	27 BBQ Pulled Pork Cole Slaw Fruit	28 Loaded Potato Soup ½ Turkey Sandwich Fruit Side Salad	