






February 2018

Mon	Tue	Wed	Thu	Fri
			1	2 
			<p><u>10– ITCD Support</u> <u>11– Mindfulness</u> <u>1:30– LITBM</u> <u>2– Healthy Living:</u> “Prepare for Spring Cleaning”</p>	<p><u>10:30– Art and Recovery:</u> <u>Ceramics</u> 11:45 Monthly Meeting 1:00 Walmart/ Dollar Tree Or Current Events/ Board Games</p>
5	6	7	8	9 
<p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations: “Heart’ felt Valentines” <u>11– ITCD Education</u> 12:30 Bowling 1:30 Chair Yoga 2:30 BINGO <i>blackout</i></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><u>10:30 Solutions for Wellness</u> <u>11– Anger Mgmt</u> <u>1– Self-Esteem Group</u> 2:30 Center Exercise 4:30 Valentines Dance in JC</p>	<p><u>10– ITCD Support</u> <u>11– Mindfulness</u> <u>1– Diabetes Convo Group</u> <u>2– Healthy Living:</u> “Heart Healthy Foods”</p>	<p><u>10:30– Art and Recovery</u> 11:00 Hobby Hut: “Basic Crochet” 12:30 Monthly Janitorial MTG 1:00 Food Pantry Or Current Events/ Board Games 1:30 Tourney– Wii Winter Games</p>
12 	13 Fat Tuesday!	14 Valentine's Day!	15 	16 
<p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations: “Design a Mardi Gras Mask” <u>11– ITCD Education</u> 12:30 Bowling 1:00 Walmart 1:30 Chair Yoga 2:30 BINGO</p>	<p>10:30 Community Experience Goodwill Store <u>11-CBT</u> 12:30 Music Round Up 1:30 The Wardrobe Or Current Events/Board Games</p>	<p><u>10:30 Solutions for Wellness</u> <u>11– Anger Mgmt</u> <u>1– Self-Esteem Group</u> 1:30 Valentine’s Day Social</p>	<p><u>10– ITCD Support</u> <u>11– Mindfulness</u> 12:30 Movie & Discussion: “Unlisted”</p>	<p><u>10:30– Art and Recovery:</u> <u>Ceramics</u> 11:00 Hobby Hut: “Chinese New Year (Landscape Scroll Paintings)” 1:00 Aldi’s Or Current Events/ Board Games 1:30 Tourney– UNO</p>
19	20 	21 	22 	23 
<p>New Horizons & Nyra Center Closed! Enjoy a safe Holiday!</p>	<p>10:30 Community Experience The ARC (Facility Tour) <u>11-CBT</u> 12:30 Music Round Up 1:00 Food Pantry Or Current Events/Board Games</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><u>10– ITCD Support</u> <u>11– Mindfulness</u> <u>1:00 Diabetes Convo Group</u> <u>1:30– LITBM</u> <u>2– Healthy Living:</u> “Heart Healthy Activities”</p>	<p><u>10:30– Art and Recovery</u> 11:00 Hobby Hut: Learn Italian 12:30 Pool Tournament 1:00 Walmart/Dollar Tree Or Current Events/ Board Games</p>
26	27	28		Calendar Notes:
<p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations: “Birdfeeders” <u>11– ITCD Education</u> 12:30 Bowling 1:00 Walmart 1:30 Chair Yoga 2:30 BINGO <i>blackout</i></p>	<p>10:30 Community Experience MLK Memorial Garden <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/Dollar Tree Or Current Events/Board Games</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>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>

February 2018

Mon	Tue	Hot Bowl Humpday Wednesday	Thu	Fri
			1 Hot Ham n Swiss Pickle Spear Fruit Side Salad	2 Superbowl Pregame Nachos Tortilla Chips, cheese sauce, beef, tomato, beans, green onion, salsa, sour cream Fruit
5 Baked Fish (Parmesan Tilapia) Broccoli Normandy Fruit Side Salad	6 Chicken Pattie Cottage Cheese Fruit Side Salad	7 Chicken n Rice Soup ½ Turkey Sand- wich Fruit Side Salad	8 Sloppy Joe Tater Tots Fruit Side Salad	9 Baked Chicken Dressing/gravy Green Beans Side Salad
12 Lasagna (Reg or Veggie) Corn Fruit Side Salad	13 Fat Tuesday Jambalaya w/ Chicken n Turkey Cole Slaw Fruit Mini King Cakes	14 Chicken Nuggets (7) Peas Fruit Side Salad	15 Turkey Sandwich Chips Fruit Side Salad	16 Chinese New Year Stir Fry Chicken Rice Egg Roll Fortune Cookie
19 New Horizons & Nyra Center Closed! Enjoy a safe Holiday!	20 Chef's Salad (Salad greens, tur- key, ham, eggs, cheese, tomato, croutons) Fruit	21 Turkey Burger Soup Dinner Roll Fruit Side Salad	22 Pepperoni Pizza (2) Fruit Salad	23 Hot Dog French Fries Fruit Salad Natl. French Fry Day
26 Meatloaf Mashed Potato/ gravy Green Beans Side Salad	27 BBQ Pork Sandwich Cole Slaw Fruit	28 Chicken Chili Cheesebread Fruit Side Salad		