

January 2019

Mon	Tue	Wed	Thu	Fri
	1 New Year's Day New Horizons & Nyra Center Closed	2 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u>	3 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 1</u> <u>11—Mindfulness</u> 1:30 Public Library	4 <u>10:30—Art and Recovery</u> 11:45 Monthly Meeting 1:00 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: Wii Bowling
7 <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:30 Bulletin Board Trivia 1:00 Walmart/Dollar Tree 2:30 BINGO	8 10:30 Community Experience The Columbia Mall 12:30 Music Round Up: Karaoke 1:30 The Wardrobe Or Current Events/Board Games	9 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u>	10 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 2</u> <u>11—Mindfulness</u> <u>2—Healthy Living Grp:</u> Coping: The Winter Blues	11 <u>10:30—Art and Recovery:</u> <u>Ceramics</u> 12:30 Monthly Janitorial MTG 1:00 Food Pantry Access Or Current Events/ Board Games 1:30 Tourney: UNO
14 <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:00 Men's Roundtable/ Women's Roundtable 12:30 Bowling 2:30 BINGO <i>blackout</i>	15 10:30 Community Experience The Goodwill Store 12:30 Music Round Up: Open Mic! 1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games	16 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u>	17 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 3</u> <u>11—Mindfulness</u> 12:30 Movie & Discussion: The Aviator	18 <u>10:30—Art and Recovery</u> 1:00 Arm Chair Travels: Virtual Tour of Turkey 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: 10K
21 <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:00 Total Recall: This was the Year! 2000 1:00 Wal-Mart/Dollar Tree 2:30 BINGO	22 **NO Community Experience 12:30 Music Round Up: Karaoke 1:00 Food Pantry Access Or Current Events/Board Games	23 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u>	24 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 4</u> <u>11—Mindfulness</u> 1:30 Public Library <u>2—Healthy Living Grp:</u> Tune Up Your Diet Plan	25 <u>10:30—Art and Recovery:</u> <u>Ceramics</u> 1:00 Culture Excursion: Explore Turkey 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: Mancala
28 <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:00 Reminiscing Corner 12:30 Bowling 2:30 BINGO <i>blackout</i>	29 10:30 Community Experience MU Entomology Museum 12:30 Music Round Up: Name That Tune w/ Prizes 1:00 Wal-Mart/Dollar Tree Or Current Events/Board Games	30 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u>	31 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Smoke Less Wk 4</u> <u>11—Mindfulness</u>	Calendar Notes: 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.

January 2019

Mon	Tue	Hot Bowl Hump Day Wednesday	Thu	Fri
	1 NEW YEARS DAY NEW HORIZONS & NYRA CENTER CLOSED	2 Buffalo-Style Deli Chicken Sandwich 5-Bean Salad Fruit Side Salad	3 BBQ Pulled Pork Cole Slaw Pickle Spear Fruit	4 Chicken Pot Pie Fruit Side Salad
7 Spaghetti Green Beans Fruit Side Salad	8 Hot Dog (relish, cheese, onion) Fries Fruit Side Salad	9 Blackened Chicken Alfredo Broccoli Fruit Side Salad	10 Turkey Sandwich Chips Fruit Salad	11 Chicken n Rice Casserole Mixed Veggies Fruit Side Salad
14 Reuben Sandwich Pickle Spear Chips Fruit Side Salad	15 Oven-Fried Chicken Potato Salad Green Beans Dinner Roll Peach Cobbler!	16 Vegetable Beef Soup French Bread Fruit Side Salad	17 BLT Sandwich Cottage Cheese Fruit Side Salad	18 Birds Eye Garlic Chicken Fruit Side Salad
21 Teriyaki Chicken Fried Rice Broccoli Side Salad	22 Fish Fillet Sandwich Cole Slaw Fruit	23 Tomato Soup Grilled Cheese Fruit Side Salad	24 BBQ Chicken Salad (Greens, BBQ chicken, corn, black beans, green onion) Roll Fruit	25 Baked Turkey w/ gravy Stuffing Corn Side Salad
28 Chicken Nuggets (7pc) Green Beans Fruit Side Salad	29 Hot Ham n Swiss Pickle Spear Chips Fruit Side Salad	30 Mexi-Chicken Crescent Bake Fruit Side Salad	31 Cheeseburger Mac Peas Fruit Side Salad	