

January 2018

Mon	Tue	Wed	Thu	Fri
1 New Horizons & Nyra Center Closed! Enjoy a safe Holiday!	2 10:30 Community Experience MU Campus visit <u>***NO CBT</u> 12:30 Music Round Up 1:30 Walmart/Dollar Tree Or Current Events/Board Games	3 <u>10:30- Solutions for Wellness</u> <u>***NO Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise	4 <u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:00 Diabetes Convo Group <u>1:30- LITBM</u> <u>2- Healthy Living:</u> "Winter Readiness"	5 <u>10:30- Art and Recovery:</u> <u>Ceramics</u> 11:45 Monthly Meeting 1:00 Walmart/ Dollar Tree Or Current Events/ Board Games 1:30 Tourney- 10,000
8 <u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i>	9 10:30 Community Experience The Columbia Mall <u>11-CBT</u> 12:30 Music Round Up 1:00 The Wardrobe 1:30 Food Pantry Or Current Events/Board Games	10 <u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>***NO Self-Esteem Group</u> 2:30 Center Exercise	11 <u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:00 Public Library <u>2- Healthy Living:</u> "New Year: 'Out with the old, making room for the new!.' De-cluttering!"	12 <u>10:30- Art and Recovery</u> 11:00 Hobby Hut 12:30 Monthly Janitorial meeting 1:00 Walmart/ Dollar Tree Or Current Events/ Board Games 1:30 Tourney- Mexican Train Dominoes
15 <u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 1:30 Chair Yoga 2:30 BINGO	16 10:30 Community Experience Goodwill Store <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/Dollar Tree Or Current Events/Board Games	17 <u>10:30 Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise	18 <u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:00 Diabetes Convo Group <u>1:30- LITBM</u> <u>2- Healthy Living:</u> "Budgeting Basics"	19 <u>10:30- Art and Recovery:</u> <u>Ceramics</u> 11:00 Hobby Hut 1:00 Walmart/ Dollar Tree Or Current Events/ Board Games 1:30 Tourney- Phase 10
22 <u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i>	23 10:30 Community Experience TBA <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/Dollar Tree Or Current Events/Board Games	24 <u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise	25 <u>10- ITCD Support</u> <u>11- Mindfulness</u> <u>1:30- LITBM</u> <u>2- Healthy Living:</u> "Easy Meals on a Budget"	26 <u>10:30- Art and Recovery</u> 11:00 Hobby Hut 1:00 Food Pantry Or Current Events/ Board Games 1:30 Tourney- UNO
29 <u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 1:30 Chair Yoga 2:30 BINGO	30 10:30 Community Experience Entomology Museum <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/Dollar Tree Or Current Events/Board Games	31	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.	

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Mon	Tue	Hot Bowl Humpday Wednesday	Thu	Fri
1	2 Chili Dog Chips Fruit Side Salad	3 Loaded Potato Soup ½ Turkey Sand- wich Fruit Side Salad	4 Spaghetti Green Beans Fruit Side Salad National Spaghetti Day	5 Teriyaki Chicken Fried Rice Fruit Side Salad
8 Open-Face Roast Beef Mixed Veggies Fruit Side Salad	9 BBQ Pork Sandwich 5-Bean Salad Fruit Side Salad	10 Chicken Noodle Soup Grilled Cheese Fruit Side Salad	11 Corn Dogs (2) Cole Slaw Fruit	12 Alfredo Chicken Broccoli Fruit Side Salad
15 Baked Chicken Dressing/gravy Green Beans Side Salad	16 Soft Beef Taco Refried Beans Fruit Side Salad	17 Ham n Beans Cornbread Fruit Side Salad	18 Pepperoni Pizza (2) Fruit Side Salad	19 Swedish Meatballs over Rice Mixed Veggies Fruit Side Salad
22 Shepherd's Pie Fruit Side Salad	23 Fish Fillet Sandwich Cole Slaw Green Beans	24 Chicken Chili Cheese bread Fruit Side Salad	25 Sloppy Joe French Fries Fruit Salad	26 Breakfast for Lunch Biscuits n Sausage gravy Scrambled Eggs Fruit Milk or OJ
29 Taco Salad (Lettuce, seasoned beef, tomato, cheese, corn chips, green onion, taco sauce, sour cream) Fruit	30 Rueben Sandwich Chips Fruit Side Salad	31 Broccoli Cheddar Soup ½ Turkey Sand- wich Fruit Side Salad		