

# July 2017

Mon	Tue	Wed	Thu	Fri
<p>3 <b><u>1030 Healthy Communications</u></b></p> <p>1030 Crafty Creations</p> <p><b><u>11—ITCD Education</u></b></p> <p>1230 Bowling</p> <p>2:30 BINGO</p>	<p><b>4th of July</b></p> <p><b>New Horizons &amp; Nyra Center Closed</b></p> <p><b>Happy Independence Day</b></p>	<p>5</p> <p><b><u>10— Solutions for Wellness</u></b></p> <p><b><u>11—Anger Mgmt</u></b></p> <p><b><u>1— Personal Growth</u></b></p> <p>2:30 Center Exercise</p>	<p>6</p> <p><b><u>10—ITCD Support</u></b></p> <p><b><u>11—Mindfulness</u></b></p> <p>2pm Life Skills—<b>Couponing</b></p>	<p>7</p> <p>1030 Art—Ceramics</p> <p>1145 <b>Monthly Meeting</b></p> <p>1230 Shopping Wal-Mart / Dollar Tree or Current Events/Games</p> <p>130 Tourney—<b>TRASH</b></p>
<p>10 <b><u>10:30 Healthy Communications</u></b></p> <p>1030 Crafty Creations</p> <p><b><u>11—ITCD Education</u></b></p> <p>1230 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p>11</p> <p>1030 Community Experience <b>Columbia Mall</b></p> <p><b><u>11-CBT</u></b></p> <p>1230 Music Round Up</p> <p>1:30 <b>The Food Pantry</b></p> <p>Current Events/ Board Games</p>	<p>12</p> <p><b>Dr. Moline Presentation</b> "Where Do I Go?"</p> <p><b><u>11—Anger Mgmt</u></b></p> <p><b><u>1— Personal Growth</u></b></p> <p>2:30 Center Exercise</p>	<p>13</p> <p><b><u>10—ITCD Support</u></b></p> <p><b><u>11—Mindfulness</u></b></p> <p><b>1230 Softball Team Mtng.</b></p> <p>2pm Life Skills—<b>Home Management/ Housekeeping</b></p>	<p>14</p> <p>1030 Art Appreciation</p> <p>11:30 Career Connection</p> <p>1230 Shopping Wal-Mart / Dollar Tree or Current Events/Games</p> <p>130 Tourney <b>HORSE</b></p>
<p>17</p> <p><b><u>1030 Healthy Communications</u></b></p> <p>1030 Crafty Creations</p> <p><b><u>11—ITCD Education</u></b></p> <p>1230 Bowling</p> <p>2:30 BINGO</p>	<p>18</p> <p>1030 Community Experience <b>Park Tour</b></p> <p><b><u>11-CBT</u></b></p> <p>1230 Music Round Up</p> <p>1:00 The Wardrobe</p> <p>1:30 Wal-Mart / Dollar Tree or Current Events/ Board Games</p>	<p>19</p> <p><b><u>10— Solutions for Wellness</u></b></p> <p><b>BEACH PARTY IN JC</b> <b>1030-1PM</b></p> <p><b><u>11—Anger Mgmt</u></b></p> <p><b><u>1— Personal Growth</u></b></p> <p>2:30 Center Exercise</p>	<p>20</p> <p><b><u>10—ITCD Support</u></b></p> <p><b><u>11—Mindfulness</u></b></p> <p><b>1230 Softball Team Mtng.</b></p> <p>1230 Public Library</p> <p>2pm Life Skills—<b>Food Management</b></p>	<p>21</p> <p>1030 Art—Ceramics</p> <p>1230 Shopping Wal-Mart / Dollar Tree or Current Events/Games</p> <p>130 Tourney—<b>Pool Tourney</b> <b>\$\$\$ Prizes</b></p>
<p>24 <b>830-230 RESPECT</b></p>	<p>25 <b>830-230 RESPECT</b></p>	<p>26 <b>830-230 RESPECT</b></p>	<p>27 <b>830-230 RESPECT</b></p>	<p>28 <b>830-12 RESPECT</b></p>
<p><b><u>10:30 Healthy Communications</u></b></p> <p>1030 Crafty Creations</p> <p><b><u>11—ITCD Education</u></b></p> <p>1230 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p><b>**NO Community Experience</b></p> <p><b>**NO CBT Group</b></p> <p>1:30 <b>The Food Pantry</b> or Current Events/ Board Games</p>	<p><b>**NO Solutions for Wellness</b></p> <p><b>**NO Anger Mgt</b></p> <p><b><u>1— Personal Growth</u></b></p> <p>2:30 Center Exercise</p>	<p><b><u>10—ITCD Support</u></b></p> <p><b>**NO Mindfulness</b></p> <p>2pm Life Skills—<b>Nutritious Meal Plans</b></p>	<p><b>1:30 PM</b></p> <p><b>RESPECT INSTITUTE</b></p> <p><b>SPEECHES &amp; GRADUTATION</b></p>
<p>31 <b><u>1030 Healthy Communications</u></b></p> <p>1030 Crafty Creations</p> <p><b><u>11—ITCD Education</u></b></p> <p>1230 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p>Calendar Notes:</p> <ul style="list-style-type: none"> <li>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.</li> <li>During the week of 7/24 thru 7/28, enhanced groups facilitated by either Karsten or Kim W. will be on hold that week due to the RESPECT Institute</li> </ul>			

## Nyra Monthly Menu July 2017

Mon	Tue	Super Salad! Wednesday	Thu	Fri
3 BLT Sandwich Cottage Cheese Fruit Side Salad	4 NEW HORIZONS & NYRA CENTER CLOSED  Happy Independence Day!	5 Summer Salad (Greens, turkey, red onion, Swiss cheese, apples, mandarin oranges, strawberry) <small>*Raspberry Vinaigrette</small> Club Crackers	6 Oven Fried Chicken Potato Salad Green Beans Side Salad  <small>*Natl. Fried Chicken Day</small>	7 Lemon Pepper Tilapia Seasoned Rice Glazed Carrots Side Salad
10 Open Face Roast Beef (Bread, potatoes, beef, gravy) Fruit Gravy	11 Chicken Pattie Pasta Salad Fruit	12 <u>BBQ Chicken Salad</u> (Greens, BBQ seasoned chicken, black beans, corn, tomato, green onion) Dinner Roll Fresh Fruit	13 Fish Fillet w/Cheese Cole Slaw Green Beans	14 <b>BREAKFAST FOR LUNCH</b> Biscuit n Sausage Gravy Scrambled Eggs Fruit OJ or Milk
17 Spaghetti Green Beans Breadstick Side Salad	18 Rueben Sandwich Pickle Spear Chips Side Salad	19 <u>Chef's Salad</u> (Lettuce, turkey, ham, egg, bacon, cheese) Club Crackers Fresh Fruit	20 Teriyaki Chicken Broccoli Fruit Side Salad <small>*Fortune Cookie</small>  <small>*Natl. Fortune cookie day</small>	21 <b>Nyra Cookout</b>  Hamburger Baked Beans Fruit Side Salad
24 Hot Dog Seasoned Fries Fruit Side Salad	25 <b>Taco Tuesday</b>  Beef Soft Taco Black bean n corn salad Fruit	26 Chicken Caesar Salad (Romaine lettuce, garlic marinated chicken, red onion, tomato, parmesan, croutons, breadstick) Fruit	27 Ham n Swiss Chips Fruit Side Salad	28 Lasagna (Reg. or Veggie) Corn Fruit Side Salad
31 Baked Chicken Dressing Green Beans Side Salad		4		