

June 2019

Mon	Tue	Wed	Thu	Fri
3 10:00 Monday Meet Up 10:30 The Compassion Experience **NO Healthy Communications <u>11—ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i>	4 10:30 Community Experience The Columbia Mall 12:30 Music Round Up: Karaoke/Open Mic 1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games	5 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> **NO Personal Growth 2:00 Stretch for Strength	6 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Public Library 1:30 Creative Writing	7 <u>10—CBT</u> <u>10:30—Art and Recovery: Ceramics</u> 11:00 Men’s/Women’s Roundtable Discussions 11:45 Monthly Meeting 1:00 Food Pantry Access Or Current Events/ Board Games
10 10:00 Monday Meet Up 10:30 R.E.S.P.E.C.T Intro **NO Healthy Communications <u>11—ITCD Education</u> 1:00 Wal-Mart/Dollar Tree 2:30 BINGO	11 10:30 Healthy Beverages Presn 11:00 Harassment Prevention 12:30 Music Round Up: Karaoke/Open Mic! 1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games	12 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Wellness Toolkit Pt 1</u> 2:00 Stretch for Strength	13 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:30 Creative Writing	14 <u>10—CBT</u> 10:00 Fishing: Little Dixie <u>10:30—Art and Recovery</u> 12:30 Monthly Janitorial MTG 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games
17 10:00 Monday Meet Up 10:00-1:00 Beach Party @ JC Activity Center <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i>	18 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	19 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Wellness Toolkit Pt 2</u> 2:00 Stretch for Strength	20 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:30 Creative Writing	21 <u>10—CBT</u> <u>10:30—Art and Recovery: Ceramics</u> 1:30 Aldi’s Grocery Or Current Events/ Board Games
24 10:00 Monday Meet Up <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 2:30 BINGO	25 10:30 Vocational Rehab Presn 12:30 Music Round Up: Karaoke/Open Mic! 1:00 Food Pantry Access Or Current Events/Board Games	26 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Wellness Toolkit Pt 3</u> 2:00 Stretch for Strength	27 <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Movie & Discussion: Lars & the Real Girl	28 <u>10—CBT</u> 10:00 Fishing: Stephens Lake <u>10:30—Art and Recovery</u> 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games

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.

*June is National Caribbean-American Heritage Month. Please visit Nyra on Thursday June 27th for a little islands flare. Enjoy the sounds of calypso and merengue while dining on an

Men’s/Women’s Roundtable Discussion:
Women’s: Personal Expectations VS Society’s Expectation
Men’s: How Mental Illness has affected your Self-Esteem

Anger Management Topics:
 6/5—Costs/Benefits of Getting Angry
 6/12—Emotional Brain Versus Thinking Brain
 6/19—Emergency Control

June 2019

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Chicken Pattie Sandwich (Lettuce, Tomato, Onion, Cheese, Pickle) Cottage Cheese Fruit Side Salad	Taco Tuesday! Beef Taco Salad (w/ Lettuce, beef, tomato, cheese, green onion, corn chips, taco sauce) Fruit	Chili Dog (1) (cheese, onion, relish) Chips Fruit Side Salad	Chicken Nuggets (7) (BBQ or Honey Mustard dipping sauce) Green Beans Fruit Side Salad	Parmesan Tilapia Mixed Veggies Fruit Side Salad
10	11	12	13	14
Alfredo Chicken Broccoli Fruit Salad	BBQ Pulled Pork Sandwich Cole Slaw Fruit	Teriyaki Chicken Rice Fruit Side Salad	Southwest Chicken Salad (Greens, chicken, black beans, corn, green onion, cheese, tortilla strips) Southwest Dressing Fruit	Buffalo Chicken Deli Sandwich (w/ Lettuce, tomato, cheese, pickle, onion) Chips Fruit Side Salad
17	18	19	20	21
Corn Dogs (2) Green Beans Fruit Side Salad	Open-Face Roast Beef (Roast Beef over potatoes n gravy) Mixed Veggies Side Salad	Tuna Salad (Sandwich or Crackers) Chips Fruit Side Salad	Pepperoni Pizza (2) Fruit Side Salad	Nyra Cookout! BBQ Chicken Potato Salad Baked Beans Watermelon
24	25	26	27	28
Chicken Parmesan w/ marinera sauce & mozzarella Cucumber / Tomato Fruit Side Salad	California Turkey Wrap (Tortilla with turkey, lettuce, tomato, bacon, avocado) Grapes	Fish Fillet (cheese & tartar sauce) Green Beans Fruit Side Salad	Celebrate! Caribbean-American Heritage Baked Jerk Chicken Coconut Rice n Beans	Turkey Pastrami Sandwich Chips Fruit Side Salad