

June 2018

Mon	Tue	Wed	Thu	Fri
<p>Calendar Notes:</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>				<p>1</p> <p><u>10:30– Art and Recovery: Ceramics</u> 11:45 Monthly Meeting 1:00 Walmart Or Current Events/ Board Games 1:30 Tourney– 10 Card Trash</p>
<p>4</p> <p><u>10:30- Healthy Communications</u> <u>11– ITCD Education</u> 11:30 The Reminiscent Corner June in History 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>5</p> <p>10:30 Community Experience Columbia Mall <u>11-CBT</u> 12:30 Music Round Up: Karaoke 1:30 Walmart Or Current Events/Board Games</p>	<p>6</p> <p><u>10:30 Solutions for Wellness</u> <u>11– Anger Mgmt</u> <u>1– Self-Esteem Group</u> 2:30 Bodies in Motion</p>	<p>7</p> <p><u>9:30– Diabetes Convo Group</u> ***NO ITCD Support <u>11– Mindfulness</u> 1:00 Public Library <u>2-Healthy Communication</u></p>	<p>8</p> <p><u>10:30– Art and Recovery</u> 11:00 Japan: Land of the Rising Sun (Info Share) 12:30 Monthly Janitorial MTG 1:00 Food Pantry Or Current Events/ Board Games 1:30 Tourney– Washers</p>
<p>11</p> <p><u>10:30- Healthy Communications</u> <u>11– ITCD Education</u> 11:30 Total Recall Time: This Was The Year! 1993 1:00 Walmart 2:30 BINGO</p>	<p>12</p> <p>10:30 Community Experience Goodwill Store <u>11-CBT</u> 12:30 Music Round Up: Name That Tune 1:30 The Wardrobe Or Current Events/Board Games</p>	<p>13</p> <p><u>10:30 Solutions for Wellness</u> <u>11– Anger Mgmt</u> <u>1– Self-Esteem Group</u> 2:30 Bodies in Motion</p>	<p>14</p> <p><u>10– ITCD Support</u> <u>10:30 Smoke Less & Breathe</u> Easier Wk 1 10:30 Fishing: Little Dixie <u>11– Mindfulness</u> <u>2–Healthy Living Group:</u> Fat Fighting Foods</p>	<p>15</p> <p><u>10:30– Art and Recovery: Ceramics</u> 11:00 Father’s Day: Sensory Sensation/Games 1:00 Aldi’s Or Current Events/ Board Games 1:30 Tourney– Checkers</p>
<p>18</p> <p><u>10:30- Healthy Communications</u> <u>11– ITCD Education</u> 11:30 Bulletin Board Trivia 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>19</p> <p>10:30 Community Experience (MU Dept of Geology) ***NO CBT 12:30 Music Round Up: Karaoke 1:00 Food Pantry Or Current Events/Board Games</p>	<p>20</p> <p><u>10:30– Solutions for Wellness</u> <u>11– Anger Mgmt</u> <u>1– Self-Esteem Group</u> 2:30 Bodies in Motion</p>	<p>21</p> <p><u>9:30– Diabetes Convo Group</u> <u>10– ITCD Support</u> <u>10:30 Smoke Less & Breathe</u> Easier Wk 2 <u>11– Mindfulness</u> 12:30 Movie & Discussion: “Up/Down” Bipolar Living <u>2-Healthy Communication</u></p>	<p>22</p> <p><u>10:30– Art and Recovery</u> 11:00 Rainforest Day: Video/Activity 1:00 Walmart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney– Mexican Train Dominoes</p>
<p>25</p> <p><u>10:30- Healthy Communications</u> <u>11– ITCD Education</u> 11:30 Puzzle Palace 12:30 Bowling 2:30 BINGO</p>	<p>26</p> <p>10:30 Community Experience Batting Cages ***NO CBT 12:30 Music Round Up: Name That Tune 1:30 Walmart Or Current Events/Board Games</p>	<p>27</p> <p><u>10:30– Solutions for Wellness</u> <u>11– Anger Mgmt</u> <u>1– Self-Esteem Group</u> 2:30 Bodies in Motion</p>	<p>28</p> <p><u>10– ITCD Support</u> <u>10:30 Smoke Less & Breathe</u> Easier Wk 3 10:30 Fishing: Stephen’s Lake <u>11– Mindfulness</u> <u>2– Healthy Living Group:</u> Stress Reduction & Aromatherapy Craft</p>	<p>29</p> <p><u>10:30– Art and Recovery: Ceramics</u> 11:00 The Laugh: In Good Humor Time! 1:00 Walmart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney– Wii Bowling</p>

June 2018

Mon	Tue	Super Salad Wednesday	Thu	Fri
				<p>1</p> <p>Chicken Pattie Sandwich Cottage Cheese Fruit Side Salad</p> <p>*National Donut Day</p>
<p>4</p> <p>U-Build It Mexi Bowl (Chicken, cilantro-lime rice, black beans, shredded lettuce, tomato, guacamole) Fruit Choice</p>	<p>5</p> <p>Reuben Sandwich Chips Fruit Pickle Spear Side Salad</p>	<p>6</p> <p><u>Mediterranean Salad</u> (Oregano marinated chicken, romaine, cucumber, tomato, red pepper, olives) Flatbread *Greek Vinaigrette Fruit</p>	<p>7</p> <p>BLT Sandwich 5-Bean Salad Fruit Side Salad</p>	<p>8</p> <p><u>Fire Up the Grill Friday!</u></p> <p>Hamburger Potato Salad Fruit Side Salad</p>
<p>11</p> <p>Hawaiian Chicken (w/ pineapple & teriyaki) Broccoli Seasoned Rice Side Salad</p>	<p>12</p> <p>Hot Ham n Swiss Cucumber/ Tomato Fruit Side Salad</p>	<p>13</p> <p><u>Beef Taco Salad</u> Shredded lettuce, beef, tomato, cheese, green onion, corn chips, taco sauce, sour cream Fruit</p>	<p>14</p> <p>Turkey Sandwich Chips Fruit Side Salad</p>	<p>15</p> <p>Popcorn Chicken Green Beans Fruit Side Salad</p>
<p>18</p> <p>Open-Face Roast Beef (bread, potatoes, beef w/gravy) Glazed Carrots Side Salad</p>	<p>19</p> <p>Tuna Salad (Sandwich or Crackers) Chips Fruit Side Salad</p>	<p>20</p> <p><u>BLT Cobb Salad</u> (Salad greens, chicken, eggs, tomato, bacon) Club Crackers *Avocado Ranch Fruit</p>	<p>21</p> <p>Hot Dog (1) (relish, onion, sauerkraut) French Fries Fruit Side Salad</p>	<p>22</p> <p><u>Fire Up the Grill Friday!</u></p> <p>Grilled Chicken Macaroni Salad Fruit Dinner Roll</p>
<p>25</p> <p>Baked Fish (Parmesan Tilapia) Seasoned Rice Mixed Veggies</p>	<p>26</p> <p>Taco Tuesday! Soft Beef Taco Refried Beans Fruit Side Salad</p>	<p>27</p> <p><u>Caesar Salad w/ Chicken</u> (Garlic chicken, romaine, red onion, tomato, parmesan, croutons) *Caesar Dressing Breadstick Fruit</p>	<p>28</p> <p>Buffalo-Style Chicken Sandwich Chips Fruit Side Salad</p>	<p>29</p> <p>Meatloaf Mashed Potatoes/ gravy Green Beans Side Salad</p>