

June 2017

Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p><u>10—ITCD Support</u></p> <p><u>11—Mindfulness</u></p> <p>1230 Public Library</p> <p>2pm Life Skills— Personal Budgets</p>	<p>2</p> <p>1030 Art—Ceramics</p> <p>1145 Monthly Meeting</p> <p>1230 Shopping Wal-Mart / Dollar Tree or Current Events/Games</p> <p>130 Tourney—TRASH</p>
<p>5</p> <p><u>10:30 Healthy Communications</u></p> <p>1030 Crafty Creations</p> <p><u>11—ITCD Education</u></p> <p>1230 Bowling</p> <p>2:30 <i>BINGO blackout</i></p>	<p>6</p> <p>1030 Community Experience Columbia Mall</p> <p><u>11-CBT</u></p> <p>1230 Music Round Up</p> <p>1:30 The Food Pantry Current Events/ Board Games</p>	<p>7</p> <p><u>10— Solutions for Wellness</u></p> <p><u>11—Anger Mgmt</u></p> <p><u>1— Personal Growth</u></p> <p>2:30 Center Exercise</p>	<p>8</p> <p><u>10—ITCD Support</u></p> <p><u>11—Mindfulness</u></p> <p>1030 Fishing Outing @ Little Dixie</p> <p>2pm Life Skills— Money Management Skills</p>	<p>9</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— UNO</p>
<p>12</p> <p><u>1030 Healthy Communications</u></p> <p>1030 Crafty Creations</p> <p><u>11—ITCD Education</u></p> <p>1230 Bowling</p> <p>2:30 <i>BINGO</i></p>	<p>13</p> <p>1030 Community Experience Park Walk</p> <p><u>11-CBT</u></p> <p>1230 Music Round Up</p> <p>1:00 The Wardrobe</p> <p>1:30 Aldi Grocery Store or Current Events/ Board Games</p>	<p>14</p> <p><u>10— Solutions for Wellness</u></p> <p><u>11—Anger Mgmt</u></p> <p><u>1— Personal Growth</u></p> <p>2:30 Center Exercise</p>	<p>15</p> <p><u>10—ITCD Support</u></p> <p><u>11—Mindfulness</u></p> <p>1pm—Softball Practice</p> <p>2pm Life Skills— Necessities vs. Luxuries</p>	<p>16</p> <p>1030 Art—Ceramics</p> <p>1230 Shopping Wal-Mart / Dollar Tree or Current Events/Games</p> <p>130 Tourney—WASHERS</p>
<p>19</p> <p><u>10:30 Healthy Communications</u></p> <p>1030 Crafty Creations</p> <p><u>11—ITCD Education</u></p> <p>1230 Bowling</p> <p>2:30 <i>BINGO blackout</i></p>	<p>20</p> <p>1030 Community Experience MKT Trail Scavenger Hunt</p> <p><u>11-CBT</u></p> <p>1230 Music Round Up</p> <p>1:30 The Food Pantry or Current Events/ Board Games</p>	<p>21</p> <p><u>10—Solutions for Wellness</u></p> <p><u>11—Anger Mat</u></p> <p><u>1— Personal Growth</u></p> <p>2:30 Center Exercise</p>	<p>22</p> <p><u>10—ITCD Support</u></p> <p>1030 Fishing Outing @ Twin Lakes</p> <p><u>11—Mindfulness</u></p> <p>1pm Public Library</p> <p>2pm Life Skills— Eating Out vs. Home Cooked Meals</p>	<p>23</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—Ping Pong</p>
<p>26</p> <p><u>1030 Healthy Communications</u></p> <p>1030 Crafty Creations</p> <p><u>11—ITCD Education</u></p> <p>1230 Bowling</p> <p>2:30 <i>BINGO blackout</i></p>	<p>27</p> <p>1030 Community Experience The Goodwill Store</p> <p><u>11-CBT</u></p> <p>1230 Music Round Up</p> <p>130 Wal-Mart/Dollar Tree or Current Events/ Board Games</p>	<p>28</p> <p><u>10—Solutions for Wellness</u></p> <p><u>11—Anger Mat</u></p> <p><u>1— Personal Growth</u></p> <p>2:30 Center Exercise</p>	<p>29</p> <p><u>10—ITCD Support</u></p> <p><u>11—Mindfulness</u></p> <p>1pm Softball Practice</p> <p>2pm Life Skills— Comparison Shopping</p>	<p>30</p> <p>1030 Art—Ceramics</p> <p>1230 Shopping Wal-Mart / Dollar Tree or Current Events/Games</p> <p>130 Tourney—RUMMY</p>

Nyra Monthly Menu June 2017

Mon	Tue	Super Salad! Wednesday	Thu	Fri
			1 Fillet O' Fish Sandwich Pineapple Cole Slaw Green Beans	2 Nyra COOKOUT Brat or Hotdog Baked Beans Deviled Egg Watermelon
5 Oven Fried Chicken Mashed Potatoes w' gravy Green Beans Side Salad	6 Tuna Salad (Sandwich or Cracker) Chips Fruit Side Salad	7 <u>BLT Cobb Salad</u> (Greens, chicken, eggs, bacon, tomato, cheese) Club Crackers *Avocado Ranch Dressing Fresh Fruit	8 Turkey Sandwich Chips Fruit Side Salad	9 Pepperoni Pizza (2) Fruit Side Salad
12 Chicken Nuggets (7) Mac n cheese Peas Side Salad	13 Hot Dog (topped with your choice of relish, onion, kraut, cheese) Seasoned Fries Fruit Side Salad	14 <u>Southwest Salad</u> (Greens, chicken, corn, black beans, green onion, cheese, tortilla strips) *Southwest Dressing Fresh Fruit	15 BBQ Pulled Pork Sandwich 5-Bean Salad Fruit	16 Alfredo Chicken Broccoli Fruit Side Salad
19 Lasagna (Reg. or Veggie) Corn Fruit Side Salad	20 Burrito (Beef n Cheese) Refried Beans Fruit Side Salad	21 <u>Chef's Salad</u> (Lettuce, turkey, ham, egg, bacon, cheese) Club Crackers Fresh Fruit	22 Turkey Pastrami Chips Fruit Side Salad	23 Crispy Chicken Strip Cottage Cheese Fruit Side Salad
26 Corn Dogs (2) Cole Slaw Green Beans Side Salad	27 Chicken Salad (Sandwich or Crackers) Chips Fruit Side Salad	28 <u>Taco Salad</u> (Shredded lettuce, seasoned beef, to- mato, cheese, corn chips—taco sauce) Fresh Fruit	29 Sloppy Joe Tater Tots Fruit Side Salad	30 Open-Face Turkey Sandwich (bread topped with mashed potato, turkey & gravy) Cranberry Sauce Mixed Veggies Side Salad