


March 2019

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>4</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:00 Reminiscent Corner 1:00 Wal-Mart/Dollar Tree 2:30 BINGO</p>	<p>5 FAT TUESDAY</p> <p>10:30 Community Experience The Columbia Mall</p> <p>11:00 Conversation Cube 12:30 Music Round Up: Karaoke/Open Mic</p> <p>1:30 The Wardrobe Or Current Events/Board Games</p>	<p>6</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p> <p>2:00 Stretch for Strength</p>	<p>7</p> <p><u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u></p> <p>1:00 Public Library</p>	<p>1</p> <p><u>10:30—Art and Recovery</u> 11:45 Monthly Meeting 1:00 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: Wii Bowling</p>
<p>11</p> <p>Did You Spring Forward? </p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:00 Men’s Roundtable/ Women’s Roundtable: How to Avoid Undesired Conversation</p> <p>12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>12</p> <p>10:30 Community Experience The Goodwill Store</p> <p>11:00 Conversation Cube 12:30 Music Round Up: Karaoke/Open Mic!</p> <p>1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>13</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p>	<p>14</p> <p><u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u> <u>2—Healthy Living Grp:</u> Sleep Hygiene (Getting a better night’s rest)</p>	<p>15</p> <p><u>10:30—Art and Recovery</u> 1:00 Arm Chair Travels: Virtual Tour of Ireland 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: Rummy</p>
<p>18</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:00 Bulletin Board Trivia 1:00 Wal-Mart/Dollar Tree 2:30 BINGO</p>	<p>19</p> <p>10:30 Community Experience TBA</p> <p>11:00 Conversation Cube 12:30 Music Round Up: Karaoke/Open Mic!</p> <p>1:00 Food Pantry Access Or Current Events/Board Games</p>	<p>20</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p> <p>2:00 Stretch for Strength</p>	<p>21</p> <p><u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u></p> <p>1:00 Documentary/Discuss “TBA”</p>	<p>22</p> <p><u>10:30—Art and Recovery: Ceramics</u> 1:00 Culture Excursion: Explore Ireland 1:30 Aldi’s Grocery Or Current Events/ Board Games 1:30 Tourney: 10K</p>
<p>25</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:00 Total Recall: This was the Year! 1941</p> <p>12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>26</p> <p>10:30 Community Experience TBA</p> <p>11:00 Conversation Cube 12:30 Music Round Up: Name That Tune w/ Prizes</p> <p>1:00 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>27</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p> <p>2:00 Stretch for Strength</p>	<p>28</p> <p><u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u> <u>2—Healthy Living Grp:</u> Heart Healthy Activities</p>	<p>29</p> <p><u>10:30—Art and Recovery</u> 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney: Dominoes</p>

MARCH 2019

Mon	Tue	Hot Bowl Hump Day Wednesday	Thu	Fri
				1 Fish Fillet Sandwich Green Beans Cole Slaw
4 Popcorn Chicken Cottage Cheese Fruit Salad	FAT TUESDAY 5 Jambalaya w/ Chicken & Turkey Sausage Coleslaw King Cake	6 Buffalo—Style Deli Chicken Sandwich 5-Bean Salad Fruit Side Salad	7 Tomato Soup Grilled Cheese Fruit Side Salad	8 Ham n Beans Cornbread Fruit Side Salad
11 BLT Cottage Cheese Fruit Salad	12 Baked BBQ Chicken Seasoned Noodles Fruit Side Salad	13 Chili Dog Fruit Side Salad	14 Chicken Caesar Salad (Romaine, chicken, red onion, parmesan, cheese, croutons) Fruit	15 Reuben Sandwich Pickle Spear Chips Fruit Salad Leprechaun Cake
18 Blackened Chicken Alfredo Broccoli Fruit Side Salad	19 Open-Face Roast Beef Mixed Veggies Fruit Side Salad	20 Crispy Chicken Patty Cottage Cheese Fruit Side Salad	21 Pepperoni Pizza Fruit Side Salad	22 Baked Fish (Parmesan Tilapia) Green Beans Fruit Side Salad
25 Tuna Salad (Sandwich or Crackers) Chips Fruit Side Salad	26 Chef's Salad (Lettuce, tomato, cheese, egg, turkey, ham, croutons, bacon bits) Fruit	27 Sloppy Joe French Fries Fruit Side Salad	28 Corn Dogs (2) Green Beans Fruit Side Salad	29 Chicken Mexi Bowl (Chicken, seasoned rice, black beans, tomato, corn, green onion, salsa, sour cream) Fruit