

March 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- ITCD Support</u> <u>11- Mindfulness</u> <u>1- Healthy Communication</u> 1:30 Public Library</p>	<p>2</p> <p><u>10:30- Art and Recovery: Ceramics</u> 11:45 Monthly Meeting 1:00 Walmart/ Dollar Tree Or Current Events/ Board Games 1:30 Tourney- TBA</p>
<p>5</p> <p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 1:00 Walmart 2:30 BINGO</p>	<p>6</p> <p>10:30 Community Experience Columbia Mall <u>11-CBT</u> 12:30 Music Round Up 1:30 The Wardrobe Or Current Events/Board Games</p>	<p>7</p> <p><u>10:30 Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise: Tai Chi</p>	<p>8</p> <p><u>10- ITCD Support</u> <u>11- Mindfulness</u> <u>1- Diabetes Convo Group</u> <u>1:30- Healthy Communication</u> <u>2- Healthy Living:</u> "Low Carb Breakfast/Lunches"</p>	<p>9</p> <p><u>10:30- Art and Recovery</u> 11:00 Hobby Hut: Haiku Poems 12:30 Monthly Janitorial MTG 1:00 Food Pantry Or Current Events/ Board Games 1:30 Tourney- TBA</p>
<p>12</p> <p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>13</p> <p>10:30 Community Experience Goodwill Store <u>11-CBT</u> 12:30 Music Round Up 1:00 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>14</p> <p><u>10:30 Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise: Line Dance</p>	<p>15</p> <p><u>10- ITCD Support</u> <u>11- Mindfulness</u> 12:30 Movie & Discussion: Wonder</p>	<p>16</p> <p><u>10:30- Art and Recovery: Ceramics</u> 1:00 Aldi's Or Current Events/ Board Games 1:30 Tourney- TBA</p>
<p>19</p> <p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 1:00 Walmart 2:30 BINGO</p>	<p>20</p> <p>10:30 Community Experience Tour Dublin Park <u>11-CBT</u> 12:30 Music Round Up 1:00 Food Pantry Or Current Events/Board Games</p>	<p>21</p> <p><u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise: Stretch N Strengthen</p>	<p>22</p> <p><u>10- ITCD Support</u> <u>10:30- Smoke Less & Breathe Easier</u> <u>11- Mindfulness</u> <u>1:30- LITBM</u> <u>2- Healthy Living:</u> "A Tale of Two Grocers"</p>	<p>23</p> <p><u>10:30- Art and Recovery</u> 11:00 Hobby Hut: Learn Spanish 1:00 Walmart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney- TBA</p>
<p>26</p> <p><u>10:30- Healthy Communications</u> 10:30 Crafty Creations <u>11- ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>27</p> <p>10:30 Community Experience MU Tucker Hall Greenhouse <u>11-CBT</u> 12:30 Music Round Up 1:30 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>28</p> <p><u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:30 Center Exercise: Laughter Yoga</p>	<p>29</p> <p><u>10- ITCD Support</u> <u>10:30- Smoke Less & Breathe Easier</u> <u>11- Mindfulness</u> <u>1:00 Diabetes Convo Group</u> <u>2- Healthy Living</u></p>	<p>30</p> <p><u>10:30- Art and Recovery</u> 1:00 Walmart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney- TBA</p>

March 2018

Mon	Tue	Hot Bowl Humpday Wednesday	Thu	Fri
			1 Beef Soft Taco Refried Beans Fruit Side Salad	2 Garlic Chicken with Pasta Fruit Side Salad
5 Country Fried Steak Mashed Potatoes Green Beans Side Salad	6 Chicken Pattie Cottage Cheese Fruit Side Salad	7 Loaded Potato Soup ½ Turkey Sandwich Fruit Side Salad	8 Chili Dog Chips Fruit Side Salad	9 Baked Fish (Parmesan Tilapia) Mixed Veggies Fruit Side Salad
12 Tuna Casserole Peas Cranberry Sauce Side Salad	13 BBQ Pulled Chicken Sandwich 5-Bean Salad Fruit Side Salad	14 Turkey Chili Cornbread Fruit Side Salad	15 Chicken Salad (Sandwich or Crack- ers) Chips Fruit Side Salad	16 Pre St. Patty's Reuben Sandwich Potato Chips Pickle Spear Salad Lucky Leprechaun Cake
19 Chicken Pot Pie Fruit Side Salad !	20 Sloppy Joe Tater Tots Fruit Side Salad	21 Southwest Salad (Greens, seasoned chicken, black beans, corn, green onion, to- mato, tortilla strips) Fruit *Southwest Dressing	22 BLT Sandwich Cottage Cheese Fruit Side Salad *Turkey Bacon avail- able upon request	23 Welcome Back Spring Cookout Grilled Burger Baked Beans Fruit Side Salad
26 U-Build It Turkey Wrap (Tortilla, turkey, let- tuce, tomato, onion, pickle, cheese) Grapes Side Salad	27 Alfredo Chicken Broccoli Fruit Side Salad	28 Chef's Salad (Salad greens, tur- key, ham, eggs, cheese, tomato, croutons) Fruit	29 BBQ Pulled Pork Cucumber/Tomato Fruit Side Sald	30 Fillet O' Fish Sand- wich Cole Slaw Green Bean