



# May 2018

| Mon   | Tue   | Wed  | Thu  | Fri  |
|---|---|--|--|--|
|   | 1<br><br>10:30 Community Experience<br>The Columbia Mall<br><b>***NO CBT</b><br>12:30 Music Round Up<br>1:30 Green Thumb Club<br>Or<br>Current Events/Board Games                               | 2<br><br><u>10:30 Solutions for Wellness</u><br><u>11- Anger Mgmt</u><br><u>1- Self-Esteem Group</u><br><u>2- Healthy Living</u><br>2:30 Center Exercise   | 3<br><br><u>9:30- Diabetes Convo Group</u><br><b>***NO ITCD Support</b><br><u>11- Mindfulness</u><br><u>1- Healthy Communication</u>             | 4<br><br><u>10:30- Art and Recovery: Ceramics</u><br>11:45 Monthly Meeting<br>1:00 Walmart<br>Or<br>Current Events/ Board Games<br>1:30 Tourney- Mexican Train Dominoes                            |
| 7<br><br><u>10:30- Healthy Communications</u><br>10:30 Crafty Creations<br><b>***NO ITCD Education</b><br>12:30 Bowling<br>2:30 BINGO <i>blackout</i> | 8<br><br><b>***NO</b> Community Experience<br><u>11-CBT</u><br>12:30 Music Round Up<br>1:00 Walmart<br>Or<br>Current Events/Board Games   | 9<br><br><u>10:30 Solutions for Wellness</u><br><u>11- Anger Mgmt</u><br><u>1- Self-Esteem Group</u><br>2:30 Center Exercise                               | 10<br><br><b>***NO ITCD Support</b><br><u>11- Mindfulness</u><br>1:00 Public Library<br><u>2-Healthy Living Group:</u><br>Healthy DIY Jar Salads | 11<br><br><u>10:30- Art and Recovery</u><br>11:00 Hobby Hut:<br>TBA<br>12:30 Monthly Janitorial MTG<br>1:00 Food Pantry<br>Or<br>Current Events/ Board Games<br>1:30 Tourney- Wii Bowling          |
| 14<br><br><u>10:30- Healthy Communications</u><br>10:30 Crafty Creations<br><u>11- ITCD Education</u><br>1:00 Walmart<br>2:30 BINGO                   | 15<br><br>10:30 Community Experience<br>Park Tour (Capen Park)<br><u>11-CBT</u><br>12:30 Music Round Up<br>1:30 The Wardrobe<br>Or<br>Current Events/Board Games                                | 16<br><br><u>10:30 Solutions for Wellness</u><br><u>11- Anger Mgmt</u><br><u>1- Self-Esteem Group</u><br><u>2- Healthy Living:</u><br>2:30 Center Exercise | 17<br><br><u>9:30- Diabetes Convo Group</u><br><u>10- ITCD Support</u><br><u>11- Mindfulness</u><br><u>1- Healthy Communication</u>              | 18<br><br><u>10:30- Art and Recovery: Ceramics</u><br>1:00 Aldi's<br>Or<br>Current Events/ Board Games<br>1:30 Tourney- Washers  |
| 21<br><br><u>10:30- Healthy Communications</u><br>10:30 Crafty Creations<br><u>11- ITCD Education</u><br>12:30 Bowling<br>2:30 BINGO <i>blackout</i>  | 22<br><br>10:30 Community Experience<br>"Shooting Star" Bluff<br>At Rockbridge State Park<br><u>11-CBT</u><br>12:30 Music Round Up<br>1:00 Food Pantry<br>Or<br>Current Events/Board Games      | 23<br><br><u>10:30- Solutions for Wellness</u><br><u>11- Anger Mgmt</u><br><u>1- Self-Esteem Group</u><br>2:30 Center Exercise<br>4:30 Spring Dance in JC  | 24<br><br><u>10- ITCD Support</u><br><u>11- Mindfulness</u><br>12:30 Movie & Discussion:<br>Beyond Silence<br>(NAMI Documentary)                 | 25<br><br><u>10:30- Art and Recovery</u><br>11:00 Hobby Hut:<br>TBA<br>1:00 Walmart/Dollar Tree<br>Or<br>Current Events/ Board Games<br>1:30 Tourney- UNO  |
| 28 <b>Memorial Day!</b><br><b>New Horizons &amp; Nyra Center Closed!</b><br><br><b>Enjoy a safe Holiday!</b>  | 29<br><br>10:30 Community Experience<br>Montminy Art Gallery<br>At Boone County Historical Society<br><u>11-CBT</u><br>12:30 Music Round Up<br>1:00 Walmart<br>Or<br>Current Events/Board Games | 30<br><br><u>10:30- Solutions for Wellness</u><br><u>11- Anger Mgmt</u><br><u>1- Self-Esteem Group</u><br>2:30 Center Exercise                             | 31<br><br><u>10- ITCD Support</u><br>10:30 Fishing at Twin Lakes<br><u>11- Mindfulness</u><br><u>2- Healthy Living Group:</u><br>Budget Buddy    | Calendar Notes:<br><br>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. |

# May 2018

| Mon  | Tue  | Super Salad<br>Wednesday  | Thu  | Fri   |
|--|--|---|--|---|
|  | 1<br><b>Chicken Salad</b><br>(Sandwich or Crackers)<br><b>Fruit</b><br><b>Chips</b><br><b>Side Salad</b>   | 2<br><b>Caesar Salad</b><br>(Romaine, chicken,<br>tomato, red onion,<br>parmesan cheese)<br><b>Breadstick</b><br><b>Fruit Choice</b>  | 3<br><b>Pulled Pork</b><br><b>Cole Slaw</b><br><b>Corn on the Cob</b><br><b>Side Salad</b>   | 4<br><br><b>Soft Beef Taco</b><br><b>Mexican corn</b><br><b>Refried beans</b><br><b>Side Salad</b> |
| 7<br><b>Baked Fish</b><br>(parmesan tilapia)<br><b>Green Beans</b><br><b>Fruit</b><br><b>Side Salad</b>  | 8<br><b>Corn Dogs (2)</b><br><b>5-Bean Salad</b><br><b>Fruit</b><br><b>Side Salad</b>  | 9<br><b>Wrap It Wednesday</b><br><b>Turkey Club Wrap</b><br>(Tortilla, turkey,<br>bacon, lettuce, to-<br>mato, pickle)<br><b>Chips</b><br><b>Broccoli Salad</b>                     | 10<br><b>Southwest Salad</b><br>(Greens, chicken,<br>corn, black beans,<br>green onion, toma-<br>to, tortilla strips)<br><b>Fruit</b><br><small>Southwest dressing availa-<br/>ble</small> | 11<br><b>Oven-Fried Chicken</b><br><b>Potato Salad</b><br><b>Fruit</b><br><b>Side Salad</b>   |
| 14<br><b>Meatball Sub</b><br><b>Cucumber/Tomato</b><br><b>Fruit</b><br><b>Side Salad</b>   | 15<br><b>Chicken Pattie</b><br><b>Cottage Cheese</b><br><b>Fruit</b><br><b>Side Salad</b>  | 16<br><b>Asian Chopped Salad</b><br>(Napa cabbage, car-<br>rots, cilantro, chick-<br>en, green onion,<br>wonton noodles)<br><small>Asian Sesame dressing</small><br><b>Fruit</b>    | 17<br><b>Buffalo-Style Chick-<br/>en Sandwich</b><br>(topped with choice<br>lettuce, tomato,<br>pickles, onion,<br>cheese)<br><b>Chips</b><br><b>Fruit</b>                                 | 18<br><b>Pepperoni Pizza (2)</b><br><b>Fruit</b><br><b>Side Salad</b><br><br><small>Natl. Pizza Party Day!</small>  |
| 21<br><b>Teriyaki Chicken</b><br><b>Broccoli</b><br><b>Fried Rice</b><br><b>Side Salad</b>   | 22<br><b>Fish Fillet Sandwich</b><br><b>Cole Slaw</b><br><b>Green Beans</b><br><b>Side Salad</b><br><b>Vanilla Pudding</b><br><br><small>Natl. Vanilla Pudding Day</small> | 23<br><b>Wrap It Wednesday</b><br><b>California Club Wrap</b><br>(Tortilla, turkey, avo-<br>cado, bacon, tomato,<br>lettuce)<br><br><b>Pickle Spear</b><br><b>5-cup fruit salad</b> | 24<br><b>Tuna Salad</b><br>(Sandwich or Crackers)<br><b>Fruit</b><br><b>Chips</b><br><b>Side Salad</b>   | 25<br><b>Summer Kick-Off</b><br><b>Cookout</b><br><br><b>Grilled</b><br><b>Brat or Hot Dog</b><br><b>Baked Beans</b><br><b>Fruit</b><br><b>Side Salad</b>                             |
| 28<br><br><b>Memorial Day!</b><br><b>New Horizons</b><br><b>&amp;</b><br><b>Nyra Center Closed</b><br><br><b>Enjoy a safe holiday!</b> | 29<br><b>Philly Cheesesteak</b><br><b>Style</b><br><b>Sloppy Joe</b><br><b>Cole Slaw</b><br><b>Fruit</b>   | 30<br><b>Chef's Salad</b><br>(Lettuce, turkey,<br>ham, tomato,<br>cheese, bacon bits,<br>croutons)<br><b>Fruit</b>  | 31<br><b>Turkey Pastrami</b><br><b>Fruit</b><br><b>Chips</b><br><b>Side Salad</b>  |   |