


May 2019

Mon	Tue	Wed	Thu	Fri
<p>Calendar Notes: Please note that Nyra Center now makes trips to the food pantry. Sign up sheets are available at the center desk. Consumers are per-mitted to go 1 time per month with Nyra. Men's/Women's RoundTable Discussion: 5/3—"What does it mean to be male/female?" 5/17—"How do you expect to be treated?"</p>		<p>1 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength</p>	<p>2 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Public Library</p>	<p>3 <u>10:30—Art and Recovery</u> 11:00 Men's/Women's Roundtable Discussions 11:45 Monthly Meeting 1:00 Food Pantry Access Or Current Events/ Board Games</p>
<p>6 10:00 Monday Meet Up <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 1:00 Wal-Mart/Dollar Tree 2:30 BINGO</p>	<p>7 10:30 Community Experience The Columbia Mall 12:30 Music Round Up: Karaoke/Open Mic 1:30 The Wardrobe Or Current Events/Board Games</p>	<p>8 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength</p>	<p>9 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Sexual Harassment Video</p>	<p>10 <u>10—CBT</u> <u>10:30—Art and Recovery: Ceramics</u> 12:30 Monthly Janitorial MTG 1:00 Wal-Mart/Dollar Tree Or Current Events/ Board Games</p>
<p>13 10:00 Monday Meet Up <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>14 10:30 Community Experience The Goodwill Store 12:30 Music Round Up: Karaoke/Open Mic! 1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>15 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength 4:30 Spring Dance in Jeff City</p>	<p>16 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Documentary/Discuss "History of Stigma in Mental Illness"</p>	<p>17 <u>10—CBT</u> <u>10:30—Art and Recovery</u> 10:30 Pool Tourney VS. JC 11:00 Men's/Women's Roundtable Discussions 1:30 Aldi's Grocery Or Current Events/ Board Games</p>
<p>20 10:00 Monday Meet Up <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 1:00 Wal-Mart/Dollar Tree 2:30 BINGO</p>	<p>21 10:30 Community Experience TBA 12:30 Music Round Up: Karaoke/Open Mic! 1:00 Food Pantry Access Or Current Events/Board Games</p>	<p>22 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength</p>	<p>23 <u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> 1:00 Community Resource Education: Columbia Area Transit System (CATS)</p>	<p>24 <u>10—CBT</u> <u>10:30—Art and Recovery: Ceramics</u> 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games</p>
<p>27  MEMORIAL DAY New Horizons & Nyra Center Closed! Enjoy a safe holiday!</p>	<p>28 10:30 Community Experience TBA 12:30 Music Round Up: Karaoke/Open Mic! 1:00 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>29 <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretch for Strength</p>	<p>30 <u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>10:30—Nicotine Knowledge</u> <u>11—Mindfulness</u> <u>2—Healthy Living Grp:</u> TBA</p>	<p>31 <u>10—CBT</u> 10:00 Fishing—Twin Lakes <u>10:30—Art and Recovery</u> 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 1:30 Tourney:</p>

May 2019

Mon	Tue	Wed	Thu	Fri
		¹ Buffalo-Style Deli Chicken Sandwich Ambrosia Chips Side Salad	² Pepperoni Pizza (2) Cucumber/Tomato Fruit	³ Celebrate Cinco de Mayo Soft Chicken Taco Black bean Corn Salad Fruit
⁶ Parmesan Tilapia Seasoned Rice Mixed Veggies Side Salad	⁷ Hot Dog Tater Tots Fruit Side Salad	⁸ Tuna (Sandwich or Crackers) Chips Fruit Side Salad	⁹ BLT Cobb Salad (Greens, eggs, chicken, bacon, tomato) *Avocado Ranch dressing Club Crackers Fruit	¹⁰ Meatloaf Mashed Potatoes Green Beans Side Salad
¹³ Alfredo Chicken Broccoli Fruit Side Salad	¹⁴ Rueben Sandwich Pickle Spear Chips Fruit	¹⁵ Chef's Salad (lettuce, turkey, ham, tomato, egg, cheese, bacon bits) Club Crackers Fruit	¹⁶ Sweet n Sour Chicken Rice Mini Eggroll	¹⁷ BBQ Pulled Pork Cole Slaw Fruit
²⁰ BLT Sandwich Cottage Cheese Fruit Side Salad	²¹ Chicken Salad (Sandwich or Crackers) Grapes Chips Side Salad	²² Fish Fillet Sandwich Green Beans Fruit Side Salad	²³ Caesar Salad w chicken (Romaine, chicken, tomato, red onion, parmesan cheese) Garlic Bread Fruit	²⁴ Nyra Cookout Burger Baked Beans Fruit Cookie
 ²⁷ MEMORIAL DAY New Horizons & Nyra Center Closed Enjoy a safe holiday!	²⁸ Lasagna (Reg or Veggie) Corn Fruit Side Salad	²⁹ Sloppy Joe Fries Fruit Side Salad	³⁰ 4pc. Chicken Wing Potato Salad Fruit	³¹ Turkey Pastrami Chips Fruit Side Salad