

October 2018

Mon	Tue	Wed	Thu	Fri				
<p>1</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:30 Categories Games 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>2</p> <p>10:30 Community Experience Columbia Mall</p> <p>12:30 Music Round Up: Karaoke</p> <p>1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>3</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p> <p>2:00 Bodies in Motion: Low Impact w/ Video</p>	<p>4</p> <p><u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u></p> <p>10:00 Fishing: Little Dixie</p> <p><u>11—Mindfulness</u> <u>2—Journaling for Wellness</u></p>	<p>5</p> <p><u>9:30—Smoke Less Wk 1</u></p> <p>10:00 Forum 8 Fall Movie: The Greatest Showman</p> <p><u>10:30—Art and Recovery: Ceramics</u></p> <p>11:45 Monthly Meeting</p> <p>1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games</p>				
<p>8</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:30 Bulletin Board Trivia 1:00 Walmart/Dollar Tree 2:30 BINGO</p>		<p>9</p> <p>10:30 Community Experience The Goodwill Store</p> <p>12:30 Music Round Up: Name That Tune</p> <p>1:30 The Wardrobe Or Current Events/Board Games</p>		<p>10</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p> <p>2:00 Bodies in Motion</p>		<p>11</p> <p><u>9:30 Fit Factor</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u></p> <p>1:00 Public Library</p>		<p>12</p> <p><u>9:30 Smoke Less Wk 2</u> <u>10:30—Art and Recovery</u></p> <p>12:30 Monthly Janitorial MTG</p> <p>1:00 Food Pantry Access Or Current Events/ Board Games</p>
Mental Illness Awareness Week Oct 7-13								
<p>15</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:30 Reminiscing Corner 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>16</p> <p>10:30 Community Experience Art & Anthropology Museum</p> <p>12:30 Music Round Up: Karaoke</p> <p>1:30 Wal-Mart/Dollar Tree Or Current Events/Board Games</p>	<p>17</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p> <p>2:00 Bodies in Motion 4:30 JC Halloween Dance</p>	<p>18</p> <p><u>9:30—Diabetes Convo Grp</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u> <u>1:30 Healthy Living Grp:</u> “Bake n Take” Activity</p>	<p>19</p> <p><u>9:30—Smoke Less Wk 3</u> <u>10:30—Art and Recovery: Ceramics</u></p> <p>10:00 Forum 8 Movie: Teen Titan Go!</p> <p>1:30 Aldi’s Grocery Or Current Events/ Board Games</p>				
<p>22</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:30 Total Recall: This was the Year! 1997</p> <p>1:30 Wal-Mart/Dollar Tree 2:30 BINGO</p>	<p>23</p> <p>10:30 Community Experience The Pinnacles Wilderness Area</p> <p>12:30 Music Round Up: Name That Tune</p> <p>1:30 Food Pantry Access Or Current Events/Board Games</p>	<p>24</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>**NO Personal Growth</u></p> <p>2:00 Bodies in Motion</p>	<p>25</p> <p><u>9:30—Fit Factor</u> <u>10—ITCD Support</u> <u>11—Mindfulness</u></p> <p>12:30 Movie & Discussion: Little Miss Sunshine</p>	<p>26</p> <p><u>10:30—Art and Recovery</u></p> <p>12:30 Pool Tourney 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games</p>				
<p>29</p> <p><u>10:30—Healthy Communications</u> <u>11—ITCD Education</u></p> <p>11:30 Squirrel Scavenger Search/Peanut Quiz 12:30 Bowling 2:30 BINGO <i>blackout</i></p>	<p>30</p> <p>10:30 Community Experience Scavenger Hunt MKT Trail</p> <p>12:30 Music Round Up: Karaoke</p> <p>1:30 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>31</p> <p>Fall Spooktacular Social!!</p> <p>10:30am—1:00pm</p>	<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>					

October 2018

Mon	Tue	Super Salad Wednesday	Thu	Fri
1 Southwest Chicken Salad (Greens, Chicken, Tomato, Black Beans, Corn, Green onion, tortilla chips) Southwest Chipotle Dressing Fruit	2 Fish Fillet Cole Slaw Fruit	3 Hot Dog (1) (relish, onion, cheese) Fruit Side Salad	4 Deli-Style Buffalo Chicken Sandwich Chips Fruit Side Salad	5 Lasagna (Reg. or Veggie) Corn Fruit Side Salad
8 Alfredo Chicken Broccoli Fruit Side Salad	9 Chicken Pattie Cottage Cheese Fruit Side Salad	10 Taco Salad (Lettuce, beef, tomato, cheese, corn chips, sour cream, taco sauce) Fruit	11 Pizza (2 slice) Fruit Side Salad	12 Baked Fish (Parmesan Tilapia) Seasoned Rice Green Beans Side Salad
15 Open-Faced Roast Beef Sandwich (bread, potatoes, gravy, roast beef) Corn Fruit Side Salad	16 Chicken Bacon Ranch Wrap Chips Fruit Side Salad	17 Tater Tot Casserole Mixed Veggies Fruit Side Salad	18 Hot Ham n Swiss Pickle Spear Fruit Side Salad	19 Pepperoni Pizza (2) Fruit Side Salad
22 Chicken Caesar Salad (Romaine, chicken, red onion, Roma tomato, parmesan cheese) Fruit Breadstick	23 Sloppy Joe French Fries Fruit Side Salad	24 BBQ Pulled Pork Cole Slaw Fruit	25 Corn Dogs (2) Cole Slaw Green Bean	26 Chicken Nuggets (7pc.) Green Beans Fruit Side Salad
29 Spaghetti Green Beans Fruit Side Salad	30 Turkey Sandwich Chips Fruit Side Salad	31 Halloween Nyra Nachos!! Tortilla chips, topped with beef, cheese, tomato, beans, green onion, sour cream, salsa) Fruit		