

October 2017

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>12:30 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p>3</p> <p>10:30 Community Experience Columbia Mall</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:30 Food Pantry</p> <p style="text-align: center;">Or</p> <p>Current Events/Board Games</p>	<p>4</p> <p><u>10:30- Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p>2:30 Center Exercise</p>	<p>5</p> <p><u>10- ITCD Support</u></p> <p><u>11- Mindfulness</u></p> <p><u>2- Healthy Living:</u> <i>Benefits of Physical Activity</i></p>	<p>6</p> <p><u>10:30- Art and Recovery: Ceramics</u></p> <p>11:45 Monthly Meeting</p> <p>12:30 Walmart/ Dollar Tree</p> <p style="text-align: center;">Or</p> <p>Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
MENTAL ILLNESS AWARENESS WEEK!				
<p>9</p> <p>**NO Healthy Communications</p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>12:30 Bowling</p> <p>2:30 BINGO</p>	<p>10</p> <p>10:30 Community Experience Firehouse Visit</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:30 The Wardrobe</p> <p style="text-align: center;">Or</p> <p>Walmart</p>	<p>11</p> <p><u>10:30- Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p>2:30 Center Exercise</p>	<p>12</p> <p><u>10- ITCD Support</u></p> <p>**NO Mindfulness</p> <p>12:30 Movie and Discussion Benny & Joon</p>	<p>13</p> <p>**No Art and Recovery</p> <p>11:30 Monthly Janitorial meeting</p> <p>12:30 Walmart/ Dollar Tree</p> <p style="text-align: center;">Or</p> <p>Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
<p>16</p> <p>**NO Healthy Communications</p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>12:30 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p>17</p> <p>10:30 Community Experience Goodwill Store</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:30 Food Pantry</p> <p style="text-align: center;">Or</p> <p>Current Events/Board Games</p>	<p>18</p> <p><u>10:30 Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p>2:30 Center Exercise</p> <p>4:30 Jeff City Halloween Dance</p>	<p>19</p> <p><u>10- ITCD Support</u></p> <p><u>11- Mindfulness</u></p> <p>1:00 Public Library</p> <p><u>2- Healthy Living:</u> <i>Adding Physical Activity to your life</i></p>	<p>20</p> <p><u>10:30- Art and Recovery: Ceramics</u></p> <p>12:30 Walmart/ Dollar Tree</p> <p style="text-align: center;">Or</p> <p>Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
<p>23</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>12:30 Bowling</p> <p>2:30 BINGO</p>	<p>24</p> <p>10:30 Community Experience Fall Park Scavenger Hunt</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:30 Aldi's</p> <p style="text-align: center;">Or</p> <p>Current Events/Board Games</p>	<p>25</p> <p><u>10:30- Solutions for Wellness</u></p> <p><u>11- Anger Mgmt</u></p> <p><u>1- Self-Esteem Group</u></p> <p>2:30 Center Exercise</p>	<p>26</p> <p><u>10- ITCD Support</u></p> <p><u>11- Mindfulness</u></p> <p><u>2- Healthy Living:</u> <i>"Mean it when you Clean It"</i> <i>Household Upkeep</i></p>	<p>27</p> <p><u>10:30- Art and Recovery</u></p> <p>12:30 Walmart/ Dollar Tree</p> <p style="text-align: center;">Or</p> <p>Current Events/ Board Games</p> <p>1:30 Tourney- TBA</p>
<p>30</p> <p><u>10:30- Healthy Communications</u></p> <p>10:30 Crafty Creations</p> <p><u>11- ITCD Education</u></p> <p>12:30 Bowling</p> <p>2:30 BINGO <i>blackout</i></p>	<p>31</p> <p><u>11-CBT</u></p> <p>12:30 Music Round Up</p> <p>1:00 Fall Spooktacular Party</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 2017

Mon	Tue	Super Salad Wednesday	Thu	Fri
2 Chili Dog Fruit Chips Side Salad	3 Sloppy Joe Tater Tots Fruit Side Salad	4 <u>Chef's Salad</u> (Lettuce, ham, turkey, tomato, cheese, egg, bacon, crouton) Crackers	5 Turkey Sandwich Chips Fruit Side Salad	6 Chicken Pattie Sandwich Cottage Cheese Fruit Side Salad
9 BBQ Pulled Pork 5-Bean Salad Fruit Side Salad	10 TACO TUESDAY Soft Beef Taco Refried Beans Fruit Side Salad	11 BBQ Chicken Salad (Greens, BBQ sauced chicken, corn, black beans, green onion) Fruit Dinner Roll	12 Fish Fillet Sandwich Green Beans Salad	13 Chicken Nuggets (7) Mac n Cheese Peas Side Salad
16 Alfredo Chicken Broccoli Fruit Side Salad	17 Reuben Sandwich Chips Pickle Spear Fruit	18 <u>HOT BOWL HUMPDAY</u> Turkey Chili Cornbread Fruit Side Salad	19 Chicken Bacon Ranch Wrap (Tortilla w/ chicken, lettuce, tomato, ba- con) Chips Fruit	20 Baked Fish (Parmesan Tilapia) Seasoned Rice Cole Slaw
23 Spaghetti Corn Fruit Side Salad	24 Chicken Salad (Sandwich or Crackers) Fruit Chips Side Salad	25 <u>HOT BOWL HUMPDAY</u> Broccoli Cheddar Soup ½ Turkey Sandwich Fruit Side Salad	26 Pepperoni Pizza (2) Fruit Side Salad	27 Tater Tot Casserole Green Beans Fruit Side Salad
30 Baked Chicken Dressing Mixed Veggies Side Salad	31 Corn Dogs (2) Cole Slaw Fruit			