

# September 2018

Mon	Tue	Wed	Thu	Fri
<b>3</b>  <b>Labor Day!</b> <b>New Horizons</b> <b>&amp;</b> <b>Nyra Center</b> <b>Closed</b> <b>Enjoy a safe</b> <b>Holiday!</b>	<b>4</b> 10:30 Community Experience Columbia Mall <u>11-CBT</u> 12:30 Music Round Up: <b>Karaoke</b> 1:30 Wal-Mart Or Current Events/Board Games	<b>5</b> <u>10:30- Solutions for Wellness</u> <b>**NO Anger Mgmt</b> <u>1- Self-Esteem Group</u> 2:00 Bodies in Motion: <b>Low Impact w/ Video</b>	<b>6</b> <u>9:30- Diabetes Convo Group</u> <u>10- ITCD Support</u> 10:30 Bowling Tourney VS. Jeff City PSR <u>11- Mindfulness</u> <u>2- Journaling for Wellness</u>	<b>7</b> <u>10:30- Art and Recovery:</u> <u>Ceramics</u> <b>11:45 Monthly Meeting</b> 1:30 Food Pantry Or Current Events/ Board Games 1:30 Tourney- TBA
<b>10</b> <u>10:30-Healthy</u> <u>Communications</u> <u>11- ITCD Education</u> 11:30 The Reminiscent Corner: <b>September in History</b> 12:30 Bowling 2:30 BINGO	 <b>11</b> 10:30 Community Experience The Goodwill Store <u>11-CBT</u> 12:30 Music Round Up: <b>Name That Tune</b> 1:30 Wal-Mart Or Current Events/Board Games	 <b>12</b> <u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:00 Bodies in Motion: <b>Chair Yoga</b>	 <b>13</b> <u>10- ITCD Support</u> 10:00 Fishing: Twin Lakes <u>11- Mindfulness</u> 1:00 Public Library <u>2:30- Healthy Living Group</u>	 <b>14</b> 10:00 Movie @ Forum 8: <b>Sherlock Gnomes</b> <u>10:30- Art and Recovery</u> 11:00 On The Road: <b>Virtual Fall Foliage Tour</b> <b>12:30 Monthly Janitorial MTG</b> 1:00 Aldi's Or Current Events/ Board Games 1:30 Tourney- TBA
<b>SUICIDE PREVENTION WEEK September 9th—September 15th</b>				
<b>17</b> <u>10:30-Healthy</u> <u>Communications</u> <u>11- ITCD Education</u> 11:30 Total Recall Time: <b>This Was The Year!</b> <b>1996</b> 1:00 Walmart/Dollar Tree 2:30 BINGO <i>blackout</i>	<b>18</b> 10:30 Community Experience TBA <u>11-CBT</u> 12:30 Music Round Up: <b>Karaoke</b> 1:00 Food Pantry Or Current Events/Board Games	<b>19</b> <u>10:30- Solutions for Wellness</u> <b>**NO Anger Mgmt</b> <u>1- Self-Esteem Group</u> 2:00 Bodies in Motion: <b>Low Impact w/ Video</b>	<b>20</b> <u>9:30- Diabetes Convo Group</u> <u>10- ITCD Support</u> <u>11- Mindfulness</u> 1:30 Hometown Hotspot <b>Mugs Up!!</b> <u>2- Journaling for Wellness</u>	<b>21</b> <u>10:30- Art and Recovery:</u> <u>Ceramics</u> 11:00 September Jam Session 1:30 Wal-Mart/Dollar Tree Or Current Events/ Board Games 12:30 <b>Tourney - TBA</b>
<b>24</b> <u>10:30-Healthy</u> <u>Communications</u> <u>11- ITCD Education</u> 11:30 Bulletin Board Trivia 12:30 Bowling 2:30 BINGO	<b>25</b> 10:30 Community Experience TBA <b>**NO CBT</b> 12:30 Music Round Up: <b>Name That Tune</b> 1:00 The Wardrobe 1:30 Walmart/Dollar Tree Or Current Events/Board Games	<b>26</b> <u>10:30- Solutions for Wellness</u> <u>11- Anger Mgmt</u> <u>1- Self-Esteem Group</u> 2:00 Bodies in Motion: <b>Chair Yoga</b>	<b>27</b> <u>10- ITCD Support</u> <u>11- Mindfulness</u> 12:30 Movie & Discussion: TBA	<b>28</b> 10:00 Movie @ Forum 8: <b>Paddington 2</b> <u>10:30- Art and Recovery</u> 11:00 The Laugh-In: <b>In Good Humor Time</b> 1:00 Walmart/Dollar Tree Or Current Events/ Board Games
<b>Calendar Notes:</b>  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.				

# September 2018

Mon	Tue	Super Salad Wednesday	Thu	Fri
3 <b>Labor Day</b>  New Horizons & Nyra Center Closed  Enjoy a safe Holiday!	4 <b>California Turkey Wrap</b> (Tortilla w Turkey, avocado, bacon, toma- to, lettuce)  Grapes  Pickle Spear	5 <b>Pepperoni Pizza (2)</b>  Fruit  Side Salad	6 <b>Lasagna</b> (Reg. or Veggie)  Green Beans  Fruit  Side Salad	7 <b>Fish Sticks</b>  Macaroni n Cheese  Fruit  Side Salad
10 <b>Spicy Pattie Sandwich</b> (lettuce, tomato, spicy mayo)  Cottage Cheese  Fruit  Side Salad	11 <b>Hot Dog</b> (relish, onion, cheese)  French Fries  Fruit  Side Salad   Patriot Day	12 <b>Chicken Fajita Salad</b> (Lettuce, chicken, pep- pers, onion, sour cream, salsa, tortilla strips)  Fruit	13 <b>Turkey Pastrami</b>  Chips  Fruit  Side Salad	14 <b>Teriyaki Chicken</b>  Fried Rice  Broccoli  Side Salad
17 <b>Mediterranean Salad</b> (Romaine, oregano marinated chicken, cucumber, Roma to- mato, olives, red pep- per)  Toasted Flatbread  Fruit	18 <b>Cheeseburger</b>  Cole Slaw  Fruit  Side Salad   Natl. Cheeseburger Day!	19 <b>Turkey Wrap</b> (Tortilla, turkey, let- tuce, tomato, cheese)  Broccoli Salad  Chips  Pickle Spear	20 <b>Sloppy Joe</b>  Tater Tots  Fruit  Side Salad	21 <b>Bye Bye to Summer BBQ</b>  BBQ Chicken  Baked Beans  Fruit  Side Salad
24 <b>Open-Face Turkey</b> (Bread, potatoes, tur- key, gravy)  Mixed Veggies  Fruit  Side Salad	25 <b>Chicken Wings (4pc)</b>  Potato Salad  Fruit  Side Salad	26 <b>Beef Soft Taco</b>  Refried Beans  Fruit  Side Salad	27 <b>Tuna Salad</b> (Sandwich or Crackers)  Chips  Fruit  Side Salad	28 <b>Pulled Pork Sandwich</b>  Cole Slaw  Pickle Spear  Fruit