

September 2019

Mon	Tue	Wed	Thu	Fri
<p>LABOR DAY</p> <p>New Horizons & Nyra Center Closed</p> <p>Enjoy a safe holiday</p>	<p>3</p> <p><u>9:30—Diabetes Convo Grp</u> 10:30 Community Experience The Columbia Mall 12:30 Music Round Up: Karaoke/Open Mic! 1:00 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>4</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Life Skills</u> 2:00 Stretching/Gym Workouts</p>	<p>5</p> <p><u>10—ITCD Support</u> 10:30 M&W's Roundtable Discussions <u>11—Mindfulness</u> 12:30 Walking Group 1:30 Creative Writing</p>	<p>6</p> <p><u>10—CBT</u> <u>10:30—Art and Recovery</u> 11:45 Monthly Meeting <u>12:30 Job Readiness Grp</u> 1:00 Food Pantry Access Or Current Events/ Board Games</p>
<p>9</p> <p><u>10:00 Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 12:30 Monthly Janitorial MTG 12:30 Bowling 2:30 BINGO</p>	<p>10</p> <p><u>9:30—Fit Factor</u> 10:30 Community Resources: Explore The City Bus Red Route 12:30 Music Round Up: Karaoke/Open Mic! 1:00 Walmart/Dollar Tree</p>	<p>11</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretching/Gym Workouts</p>	<p>12</p> <p><u>10—ITCD Support</u> <u>11—Mindfulness</u> 12:30 Walking Group 1:30 Public Library/ Walking Man Documentary</p>	<p>13</p> <p><u>10—CBT</u> <u>10:30—Art and Recovery: Ceramics</u> <u>12:30 Job Readiness Grp</u> 1:00 Wal-Mart/Dollar Tree Or Current Events/ Board Games</p>
SUICIDE PREVENTION WEEK				
<p>16</p> <p><u>10:00 Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 1:00 Walmart/Dollar Tree 2:30 BINGO <i>blackout</i></p>	<p>17</p> <p><u>9:30—Diabetes Convo Grp</u> 10:30 Community Experience The Goodwill Store 11:30 Diagnosis Education 12:30 Music Round Up: Karaoke/Open Mic! 1:00 Food Pantry Access Or Current Events/Board Games</p>	<p>18</p> <p>10:30 HCH Inservice: Portion Control <u>11—Anger Mgmt</u> <u>1—Life Skills</u> 2:00 Stretching/Gym Workouts</p>	<p>19</p> <p><u>10—ITCD Support</u> <u>11—Mindfulness</u> 12:30 Walking Group 1:30 Creative Writing</p>	<p>20</p> <p><u>10—CBT</u> 10:00 Fishing: Twin Lakes <u>10:30—Art and Recovery</u> <u>12:30 Job Readiness Grp</u> 1:00 Aldi's Grocery Or Current Events/ Board Games</p>
<p>23</p> <p><u>10:00 Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 12:30 Bowling 2:30 BINGO</p>	<p>24</p> <p><u>9:30—Fit Factor</u> 10:30 Community Experience Bocce Ball Courts @ Cosmo Park 1:00 The Wardrobe</p>	<p>25</p> <p><u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 2:00 Stretching/Gym Workouts</p>	<p>26</p> <p><u>10—ITCD Support</u> <u>11—Mindfulness</u> 12:30 Movie & Discussion: Little Miss Sunshine</p>	<p>27</p> <p><u>10—CBT</u> <u>10:30—Art and Recovery: Ceramics</u> <u>12:30 Job Readiness Grp</u> 1:00 Wal-Mart/Dollar Tree Or Current Events/ Board Games</p>
<p>30</p> <p><u>10:00 Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 1:00 Walmart/Dollar Tree 2:30 BINGO <i>blackout</i></p>	<p><u>CALENDAR NOTES:</u> 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> <p><u>COMMUNITY ACCESS:</u> Food Pantry (9/6 & 9/17) Public Library (9/12) The Wardrobe (9/24)</p>		<p><u>Roundtable Discussions (9/5):</u> Men's: If there could be a movie about you, what kind of movie would it be? Women's: Practicing Empathy</p> <p><u>Personal Growth: Emotional Wellness Checklist</u> 9/11—Brightening Your Outlook 9/25—Reduce Stress</p>	

September 2019

Mon	Tue	Wed	Thu	Fri
 <p>2 LABOR DAY New Horizons & Nyra Center Closed Enjoy a safe holiday!</p>	<p>3 Buffalo-Style Deli Chicken Sandwich Broccoli Salad Chips</p>	<p>4 Fish Fillet Cole Slaw Fruit</p>	<p>5 BLT Cobb Salad (Greens, chicken, eggs, bacon, cheese, tomato) Avocado Ranch dressing Crackers</p>	<p>6 BBQ Pork 5-Bean Salad Fruit</p>
<p>9 Chicken Parmesan Cucumber / Tomato Fruit Side Salad</p>	<p>10 Corn Dogs (2) Green Beans Fruit Side Salad</p>	<p>11 Chef's Salad (Lettuce, turkey, ham, eggs, bacon bits, tomato, cheese) Fruit Side Salad</p>	<p>12 General Tso Glazed Chicken Steamed Rice Broccoli</p>	<p>13 Spaghetti w meat sauce Corn Side Salad</p>
<p>16 Sliced Turkey Stuffing w gravy Green Beans Side Salad</p>	<p>17 Pepperoni Pizza Fruit Side Salad</p>	<p>18 Chicken Pattie Sandwich (tomato, lettuce, pickle, onion, cheese) Cottage Cheese Fruit Side Salad</p>	<p>19 Tater Tot Casserole Mixed Veggies Fruit Side Salad</p>	<p>20 Turkey Pastrami Sandwich Chips Fruit Side Salad</p>
<p>23 Lasagna (Regular or Veggie) Green Beans Side Salad</p>	<p>24 Chipotle Chicken Bowl (Seasoned Chick- en, cilantro rice, black beans, corn, green onion, salsa, sour cream) Fruit</p>	<p>25 Sloppy Joe Fries Fruit Side Salad</p>	<p>26 Chicken Salad (Sandwich or Crackers) Chips Fruit Side Salad</p>	<p>27 Baked Fish (Lemon Pepper Tilapia) Seasoned Rice Cole Slaw</p>
<p>30 Tuna Casserole Peas Cranberry Sauce</p>				