

The Center Calendar of Events: APRIL 2024

Mon	Tue	Wed	Thu	Fri
1 Movie Monday Dollar General Outing (12:00pm) Moovin N'Groovin	2 YMCA Outing (9:45-10:45am) Crisis Services Presentation (10am) Town Hall	3 House of Bargains Outing (9:45am) NAMI PEER TO PEER (12:00-2:00pm)	4 <u>Alleviating Anxiety Group (9:45-10:00am)</u> Thursday Ted Talk Walmart Outing (12:30pm-1:30pm)	5 Pool Tournament (10am) <u>Women's Group (1-2pm)</u>
8 BIG DADDY'S BINGO (10am) Budgeting Dollar Tree Outing (12:00pm)	9 YMCA Outing (9:45-10:45am) Bingo (12-1pm) CAC Meeting (2:00-2:30pm)	10 Calvary's Gift Outing (9:45am) NAMI PEER TO PEER (12:00-2:00pm)	11 <u>Dealing with Depression (9:30-9:45am)</u> Thursday Ted Talk Walmart Outing (12:30pm-1:30pm)	12 Skeeball Tournament (10am) <u>Women's Group (1-2pm)</u>

Starting April 15th, only certain facilities will be allowed to come to The Center due to staffing. Please read above each day to know which facilities can come to The Center.

Maplewood	Melody, Richard Walz, Community (and WS)	Maplewood	Melody, Richard Walz, Community (and WS)	Melody, Richard Walz, Community (and WS)
15 Movie Monday Moovin N'Groovin	16 Bingo (12-1pm)	17 Moovin N' Groovin	18 <u>Benefits of Kindness (9:45-10:00am)</u>	19 Learning Self-Care with Jannie and Christine
Maplewood	Melody, Richard Walz, Community (and WS)	Maplewood	Melody, Richard Walz, Community (and WS)	Melody, Richard Walz, Community (and WS)
22 Movie Monday SPIRIT WEEK: CRAZY HAT/HAIR DAY	23 Bingo (12-1pm) SPIRIT WEEK: PJ DAY	24 APRIL BIRTHDAY PARTY SPIRIT WEEK: DRESS UP DAY	25 <u>Self-Control Group (9:45-10:00am)</u> SPIRIT WEEK: MISMATCH DAY	26 Game Day SPIRIT WEEK: SPORTS DAY
29 PSR is Closed	30 PSR is Closed	The Center is open Monday-Friday From <u>9:30am-1:00pm</u> <u>STARTING APRIL 15th</u>		



April 2024

What's Happening?

- Spring is here! In April, join us for our mental health groups, designed to help you blossom. Enjoy the sunshine and fresh air on our uplifting outings.
- **Important: The Center will have limited facility access starting April 15th due to staffing. New hours will be from 9:30am-1:00pm.**

Activities and Events

- Women's Group
- Big Daddy's Bingo (8th at 10:00am)
- NAMI Peer to Peer
- SPIRIT WEEK (April 22nd-26th)

AND MORE....

April Quick Facts

April's name might come from the Latin "aperire" (meaning "to open"), a nod to the blooming flowers of spring.

This playful month also holds the tradition of April Fools' Day, filled with pranks and good-natured tricks.

April celebrates the birthdays of influential figures like Leonardo da Vinci.



What's on your mind?

If you have suggestions or requests please let us know. You can leave a suggestion in the suggestion box located in the office lobby and The Center or let a staff member know.

We want to hear from you!

The Center Lunch Calendar: APRIL 2024

Mon	Tue	Wed	Thu	Fri
1 Grilled Cheese Tomato Soup Fresh Fruit	2 Crunchy Tacos Refried Beans Garden Salad	3 Meat Loaf Mashed Potatoes Mixed Veggies	4 Sack Lunch	5 Hamburger on Bun French Fries Spiced Applesauce
8 Salami and Cheese Sandwich Broccoli and Cheese Soup Black and White Cookies	9 Taco Salad Fiesta Rice Strawberry Yogurt w/ Granola	10 Chicken Casserole Green Beans Garden Salad Dinner Roll	11 Sack Lunch	12 Meat Lovers Pizza Caesar Salad Fruit Salad
15 Turkey Sandwich Vegetable Soup Applesauce	16 Beef Chimichanga Garden Salad Cutie	17 Ravioli Garden Salad Garlic Breadsticks	18 Sack Lunch	19 Fish Sandwich Tater Tots
22 Bologna and Cheese Sandwich Chicken Noodle Soup	23 Turkey Sausage on Bun Baked Beans Fresh Fruit	24 Chefs Choice	25 Sack Lunch	26 Supreme Pizza Caesars Salad Sliced Peaches
29 PSR is Closed	30 PSR is Closed	<u>Lunch is everyday from 11:30am-11:50am</u> All lunches cost two dollars or 4 Volunteer Tickets (Please call or sign up at the Center by 10:30 to receive lunch)		