

March 2020

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><u>10—Distress Tolerance</u> <u>10:30—Healthy Communications</u> 11:30 Why Women’s History Matters 12:30 Monthly Janitor MTG 1:00 Walmart/Dollar Tree 2:30 BINGO <i>blackout</i></p>	<p>3</p> <p><u>9:30—Fit Factor</u> 10:30 Community Experience: The Columbia Mall 12:30 Music Round Up: Karaoke 1:30 Armchair Travels: Take a virtual tour of scenic Ireland</p>	<p>4</p> <p><u>10—Nicotine Knowledge</u> <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p>	<p>5</p> <p><u>10—ITCD Support</u> <u>10:30—CBT</u> <u>11—Mindfulness</u> 1:00 Walking Group</p>	<p>6</p> <p><u>9:30—Mindfulness</u> <u>10—Journaling for Wellness</u> <u>10:30—Art and Recovery</u> <u>12:30—Job Readiness Grp</u> 12:30 Food Pantry Access Or 1:00 10 K Tournament</p>
<p>9</p> <p><u>10—Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:30 Mental Health Facts for Women 12:30 Bowling 2:30 BINGO</p>	<p>10</p> <p><u>9:30—Diabetes Convo Grp</u> 10:30 Community Experience: Rockbridge State Park (Weather permitting) 12:30 Music Round Up: Karaoke 1:00 The Wardrobe</p>	<p>11</p> <p><u>10—Nicotine Knowledge</u> <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Life Skills</u></p>	<p>12</p> <p><u>10—ITCD Support</u> <u>10:30—CBT</u> <u>11:30—M/W’s Roundtable Discussions</u> <u>11—Mindfulness</u> 1:00 Walking Group</p>	<p>13</p> <p><u>9:30—Mindfulness</u> <u>10—Journaling for Wellness</u> <u>10:30—A & R: Ceramics</u> <u>12:30—Job Readiness Grp</u> 1:00 Wal-Mart/Dollar Tree Or 1:00 Pool Tourney</p>
<p>16</p> <p><u>10—Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:30 Women Who Changed the World 1:00 Walmart/Dollar Tree 2:30 BINGO <i>blackout</i></p>	<p>17</p> <p><u>9:30—Fit Factor</u> 10:00 Community Experience: Explore The City Bus Green Route 11:30 Diagnosis Education 12:30 Music Round Up: Karaoke 1:00 Food Pantry Access Or Current Events/Board Games</p>	<p>18</p> <p><u>10—Nicotine Knowledge</u> <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u></p>	<p>19</p> <p><u>10—ITCD Support</u> <u>10:30—CBT</u> <u>11—Mindfulness</u> 1:00 Walking Group</p>	<p>20</p> <p><u>9:30—Mindfulness</u> <u>10—Journaling for Wellness</u> <u>10:30—Art and Recovery</u> 11:30 RESPECT Grad Mtg <u>12:30—Job Readiness Grp</u> 1:00 Aldi’s Grocery Or 1:00 Yahtzee Tourney</p>
<p>23</p> <p><u>10—Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:30 How to Support Women 12:30 Bowling 2:30 BINGO</p>	<p>24</p> <p><u>9:30—Diabetes Convo Grp</u> 10:30 Community Experience: The Goodwill Store 12:30 Music Round Up: Karaoke 1:00 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>25</p> <p><u>10—Nicotine Knowledge</u> <u>10:30—Illness Mgmt Recovery Grp</u> <u>11—Anger Mgmt</u> <u>1—Personal Growth</u> 4:30-8 Valentine’s Dance In Jeff City</p>	<p>26</p> <p><u>10—ITCD Support</u> <u>10:30—CBT</u> <u>11—Mindfulness</u> 12:30 Movie & Discussion: The Aeronauts</p>	<p>27</p> <p><u>9:30—Mindfulness</u> <u>10—Journaling for Wellness</u> <u>10:30—A & R: Ceramics</u> <u>12:30—Job Readiness Grp</u> 11:30 Monthly Meeting 1:00 Wal-Mart/Dollar Tree Or 1:00 Rummy Tourney</p>
<p>30</p> <p><u>10—Distress Tolerance</u> <u>10:30—Healthy Communications</u> <u>11—ITCD Education</u> 11:30 Women in the Media 1:00 Walmart/Dollar Tree 2:30 BINGO <i>blackout</i></p>	<p>31</p> <p><u>9:30—Fit Factor</u> 10:30 Community Experience: The Columbia Mall 12:30 Music Round Up: Karaoke 1:00 Walmart/Dollar Tree Or Current Events/Board Games</p>	<p>3/12—Men & Women’s Roundtable Discussions: Influential Women in YOUR Life</p> <p>3/17—Diagnosis Education: Video Mental Health and Women</p>		

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Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">2</p> <p>Teriyaki Chicken over Rice Broccoli Fruit</p>	<p style="text-align: right;">3</p> <p>BLT Sandwich Cottage Cheese Fruit Side Salad</p>	<p style="text-align: right;">4</p> <p>Fish Filet Sandwich (Fish, cheese, tartar sauce) Green Beans Fruit Side Salad</p>	<p style="text-align: right;">5</p> <p>Corn Dogs (2) Cole Slaw Green Beans</p>	<p style="text-align: right;">6</p> <p>Spaghetti Corn Fruit Side Salad</p>
<p style="text-align: right;">9</p> <p>Open-Face Turkey Sandwich (Bread, Turkey, gravy, mashed potatoes) Mixed Veggies Side Salad</p>	<p style="text-align: right;">10</p> <p>Tuna Salad Sandwich Chips Fruit Side Salad</p>	<p style="text-align: right;">11</p> <p>Grilled Cheese Sandwich Tomato Soup Fruit Side Salad</p>	<p style="text-align: right;">12</p> <p>Sloppy Joe French Fries Fruit Side Salad</p>	<p style="text-align: right;">13</p> <p>Chicken Pot Pie Salad Fruit</p>
<p style="text-align: right;">16</p> <p>Lasagna (Regular or Veggie) Corn Fruit Side Salad</p>	<p style="text-align: right;">17</p> <p>Rueben Sandwich (corned beef, swiss, kraut, thousand islands dressing on Rye bread) Potato Chips Pickle Spear Salad Leprechaun Cupcake</p>	<p style="text-align: right;">18</p> <p>Chicken Caesar Salad (Romaine, chicken, red onion, parmesan cheese, tomato, Caesar dressing) Garlic Toast Fruit</p>	<p style="text-align: right;">19</p> <p>Chili Dog (chili, cheese, onions) Chips Fruit Side Salad</p>	<p style="text-align: right;">20</p> <p>Oven-Fried Chicken Mashed Potatoes Green Beans</p>
<p style="text-align: right;">23</p> <p>Baked Fish Seasoned Rice Mixed Veggies Side Salad</p>	<p style="text-align: right;">24</p> <p>BBQ Pulled Pork Cole Slaw Fruit</p>	<p style="text-align: right;">25</p> <p>Cheeseburger Macaroni Peas Fruit Side Salad</p>	<p style="text-align: right;">26</p> <p>Chicken Pattie Sandwich (lettuce, tomato, cheese, pickle, onion) Cottage Cheese Fruit Side Salad</p>	<p style="text-align: right;">27</p> <p>Taco Salad (Lettuce, beef, tomatoes, cheese, green onion, taco sauce, sour cream, corn chips) Fruit</p>
<p style="text-align: right;">30</p> <p>Mediterranean Baked Chicken Cucumber / Tomato Herbed Rice Side Salad</p>	<p style="text-align: right;">31</p> <p>Turkey Sandwich (lettuce, tomato, cheese, pickle, onion) Chips Fruit Side Salad</p>			