

JC Center Activity Calendar September 2024

Hours Monday through Friday 9a-3p

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Closed for Labor Day</p>	<p>3</p> <p>Wellness Group Suicide Awareness</p> <p>Dollar Tree</p>	<p>4</p> <p>IMR group with Tracy</p> <p>Craft Day</p> <p>Manners</p> <p>Hobby Lobby</p>	<p>5</p> <p>Art and Recovery Journal Junction</p> <p>Walmart</p>	<p>6</p> <p>Baseball</p> <p>Book Club</p>
<p>9</p> <p>Group: Autism Spectrum</p> <p>Movie: A Beautiful Mind</p> <p>Town Hall</p>	<p>10</p> <p>Wellness Group Cooking Activity</p> <p>Suicide Prevention</p> <p>Dollar Tree</p>	<p>11</p> <p>IMR group with Tracy</p> <p>Patriot Day</p> <p>Goodwill</p>	<p>12</p> <p>Art and Recovery Journal Junction</p> <p>Random Acts of Kindness</p> <p>Walmart</p>	<p>13</p> <p>Personality Types Book Club</p> <p>BINGO</p> <p>Library</p>
<p>16</p> <p>Group: Obsessive Compulsive Disorder</p> <p>Music Club</p> <p>Movie: Music and Lyrics</p>	<p>17</p> <p>Wellness Group Painted Rocks</p> <p>Suicide Intervention</p> <p>Dollar Tree</p>	<p>18</p> <p>IMR group with Tracy</p> <p>Goal Setting and Finding Interests</p> <p>House of Bargains</p>	<p>19</p> <p>Art and Recovery Journal Junction</p> <p>Walmart</p>	<p>20</p> <p>Learning to Trust</p> <p>Book Club</p> <p>Game Day</p>
<p>23</p> <p>Group: Substance Use Disorders</p> <p>Movie: Wild Hearts Can't Be Broken</p>	<p>24</p> <p>Wellness Group</p> <p>Cooking Activity</p> <p>Dollar Tree</p>	<p>25</p> <p>IMR group with Tracy</p> <p>Tara Trippet Talk</p> <p>Calvary's Gifts</p>	<p>26</p> <p>Art and Recovery Journal Junction</p> <p>September Birthdays</p> <p>Walmart</p>	<p>27</p> <p>Self Esteem</p> <p>Book Club</p> <p>Identifying Scams</p>
<p>30</p> <p>Group: ADHD</p> <p>Movie: Consumer Choice</p> <p>Capital Mall</p>				



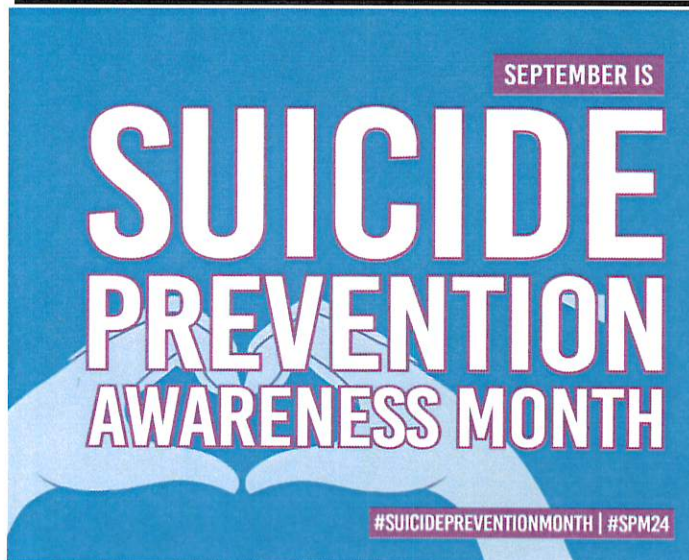
What's Happening?

- **Hours are 9a-3p Monday through Friday**

September is Suicide Prevention Awareness month, and we will be doing weekly discussions relating to Suicide Awareness throughout the month.

Special Days and Holidays

- September 2— Labor Day (Closed)
- September 9— Town Hall Meeting
- September 11— Patriot Day
- September 13— BINGO
- September 25— Guest Speaker
- September 26— September Birthdays

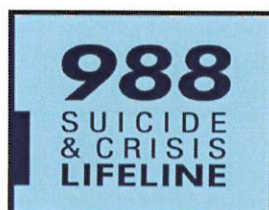


Just a Reminder:

With this month being National Suicide Prevention Month, we want to remind everyone of the common warning signs for adults!

These are, but not limited to:

- Talking about or making plans for suicide
- Talking about being a burden to others
- Talking about feeling trapped
- Talking about feeling hopeless or having no reason to live



Talk with us.



There is hope



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.

JC Center Menu September 2024

Hours Monday through Friday 9a-3p

Mon	Tue	Wed	Thu	Fri
2 Closed for Labor Day	3 Chicken with Corn and Potatoes	4 Taco Burgers	5 Fish and Tots	6 Spaghetti with Salad and Garlic Bread
9 Breakfast Casserole and Fruit	10 Chili Dogs and Slaw	11 Chicken and Wild Rice Soup	12 Lasagna	13 Swedish Meatballs and Egg Noodles
16 Brats and Pasta Salad	17 Waffles and Sausage	18 Chef Salad	19 Chicken and Dumplings	20 Pizza
23 Enchiladas and Vegetables	24 Sausage Casserole and Salad	25 Chicken Wraps and Onion Rings	26 Veggie Burgers with Fries	27 Macaroni and Cheese and Chicken Nuggets
30 Chicken Noodle Soup				