

JC Center Activity Calendar October 2024

Hours Monday through Friday 9a-3p

Mon	Tue	Wed	Thu	Fri
	1 Wellness Group Fall Garden Cooking Activity Gratitude Journals Dollar Tree	2 IMR group with Tracy Smoking Cessation Target	3 Art and Recovery Journal Junction MU Extension Technology Safety Walmart	4 Book Club Make a card for a friend Foosball Tournament MU Extension
7 Group: Bipolar Disorder Movie: October Sky Managing Money	8 Wellness Group Dyslexia Education Organization/ Cleaning Tips	9 IMR group with Tracy Fire Prevention/ Safety	10 Journal Junction World Mental Health Day MU Extension	11 Book Club Arts and Crafts Cake Decorating
14 Group: Cultural Differences/Stigma around Mental Illness Movie: Good Will Hunting YMCA	15 Wellness Group How to Make friends Dollar Tree	16 Music Club Town Hall Healthy Relationships Capital Mall	17 Art and Recovery Journal Junction MU Extension Self care activities Walmart	18 MU Extension Book Club Game Day Life Skills Group Park
21 Group: Substance Use Disorders Movie: Hairspray YMCA	22 Wellness Group Fall Weather Safety Cooking Activity Dollar Tree	23 IMR group with Tracy Domestic Violence Awareness Calvary's Gifts	24 Art and Recovery Journal Junction MU Extension Walmart	25 Book Club Pool Tournament Consumer Advisory Council Meeting Life Skills Group Library
28 Group: Coping with Mental Illness Movie: Hotel Transylvania YMCA	29 Picnic and BINGO at park Wellness Group Dollar Tree	30 IMR group with Tracy October Birthdays Karaoke Five Below	31 Halloween Party Art and Recovery Journal Junction Walmart	

JC Center Menu October 2024

Hours Monday through Friday 9a-3p

Mon	Tue	Wed	Thu	Fri
	1 Tater Tot Casserole and vegetables	2 Vegetable Soup and Rolls	3 Ravioli with Salad	4 BLT Sandwiches and potato salad
7 Hoagie Sandwiches and beans	8 Pizza	9 Chicken Noodle Soup and Rolls	10 Veggie Burgers and Fries	11 Chicken Strips with Mashed Potatoes and corn
14 Grilled Chicken, tots, and cheesy broccoli	15 Chicken Ramen with vegetables	16 Grilled Cheese and tomato soup	17 Lasagna with garlic bread and salad	18 Hot Dogs, Baked Beans, and Chips
21 Burritos with Nachos	22 Macaroni and Cheese/Sausage Casserole	23 Tuna Salad sandwiches and cream of mushroom soup	24 Meatloaf, mashed potatoes, baked beans	25 Egg Salad sandwiches and cucumbers
28 Chili with cornbread and green beans	29 Picnic at Park— Sub sandwiches, potato salad, chips	30 Biscuits and gravy with hashbrowns and scrambled eggs	31 Chicken Tetrazini with vegetables	



What's Happening?

- Hours are 9a-3p Monday through Friday
- Halloween Party on October 31
- The MU Extension office will be doing a nutrition program on October 3, 4, 10, 17, 18, and 24 at 10a
- Starting October 18, there will be a Life Skills group meeting every Friday

Special Days and Holidays

- October 16— Town Hall Meeting
- October 30— September Birthdays
- October 31— Halloween

Just a Reminder:

With this month being Domestic Violence Awareness Month, we want to remind everyone of the common warning signs for an abusive relationship.

These include, but are not limited to:

- Keeping you from friends and family
- Showing extreme jealousy
- Insulting or belittling you in public
- Controlling your finances or decisions
- Pressuring you to do things you don't want to
- Making you feel like you can never do anything right.

**** If you are in an abusive relationship and need help, call the domestic abuse hotline at 1-800-799-7233**



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.