

JC Center Activity November 2024

Center Hours are 9a-3p Monday through Friday

Mon	Tue	Wed	Thu	Fri
				1 Book Club Life Skills Group Dia de Muertos Library
4 Group: Personality Disorders Movie: A Beautiful Day in the Neighborhood YMCA	5 Election Day Wellness Group Coffee Chat Dollar Tree	6 IMR group with Tracy Town Hall Salvation Army Store	7 Art and Recovery Journal Junction Music Club Walmart	8 Book Club Life Skills Group Fall Scavenger Hunt Runge Nature Center
11 Veteran's Day Group: Medication Management Movie: Patch Adams YMCA	12 Wellness Group Outdoor Games Dollar Tree	13 Confidence Building Group World Kindness Day Target	14 Art and Recovery Journal Junction Diabetes Awareness Walmart	15 Book Club Life Skills Group Cooking Activity Library
18 Group: Seasonal Affective Disorder Movie: Fantastic Four YMCA	19 Wellness Group Kindness Challenge Calvary's Gifts	20 IMR group with Tracy November Birthdays Holiday Crafts Hobby Lobby	21 Art and Recovery Journal Junction Cooking Activity Walmart	22 Book Club Life Skills Group Games and Puzzles McClung Park
25 Thanksgiving Meal at the Center BINGO YMCA	26 Wellness Group Learn a new hobby Dollar Tree	27 Movies: Holiday Favorites Gratitude Journals Karaoke Library	28 Closed for Thanksgiving	29 Closed

JC Center Menu November 2024

Mon	Tue	Wed	Thu	Fri
				1 Hamburgers and Fries
4 French Toast, Eggs, and Sausage	5 Country Fried Steak with corn and mashed potatoes	6 Potato Soup	7 Chicken and Cheese Ramen	8 Corn Dogs
11 Biscuits and Gravy with Eggs and Sausage	12 Chicken Strips and Potato Salad	13 Chicken Vegetable Soup	14 Salmon Patties and Vegetables	15 Macaroni and Cheese and Hot Dogs
18 Pancakes and Sausage	19 Polish Sausage with Sauerkraut and cheesy broccoli	20 Chili and Cornbread	21 Broccoli and Rice Casserole with Chicken	22 Reubens and Pasta Salad
25 Thanksgiving Meal at Center	26 Chicken and Dumplings	27 Pizza	28 Closed for Thanksgiving	29 Closed



November



What's Happening?

- **Hours are 9a-3p Monday through Friday**
- **The Thanksgiving Meal at the Center is on November 25**
- **BINGO on November 25**
- **Karaoke November 27**
- **Center will be closed November 28 and 29 for Thanksgiving**

Special Days and Holidays

- November 1— Dia de Muertos
- November 5— Election Day
- November 6— Town Hall Meeting
- November 11— Veteran's Day
- November 20— November Birthdays
- November 28— Thanksgiving

Veterans Day Facts

- Veterans Day Was Originally Armistice Day
- Veterans Day Is a Federal Holiday Celebrated in the United States
- Raymond Weeks Championed Expanding Veterans Day
- Congressman Ed Rees Won the First National Veterans Award
- Veterans Day Was Not Always Celebrated on November 11
- Veterans Day Honors Both the Living and the Dead
- Remembrance Day Is Similar to Veterans Day
- There Is No Apostrophe in Veterans Day
- The Veterans' Affairs Chairman Is also Chairman of the Veterans Day National Committee
- A Yearly Ceremony Is Held at Arlington National Cemetery
- President Reagan Gave Weeks the Presidential Citizenship Medal
- Weeks Led a Yearly Veterans Parade For 38 Years
- President Clinton Has Given 8 Veterans Day Speeches
- New York City Holds the Largest Annual Veterans Day Parade
- The Eternal Light Flagstaff Commemorates Veterans



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.



22%
of veterans suffer from posttraumatic stress disorder or major depression



34%
suffer from other mental concerns



1 out of 3
of these people seek help