

JC Center Activity Calendar

February 2025

Center Hours are 8:30a to 4:30 p Monday through Friday

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>CBT group Group: Stress Management Movie: Pirates of the Caribbean 3 Capital Museum</p>	<p>4</p> <p>Art and Recovery Heart Health Music Therapy Ted Talk YMCA</p>	<p>5</p> <p>IMR with Tracy Wii Games Town Hall Coffee Chat Yoga Walmart</p>	<p>6</p> <p>Wildwood Plaza Wellness Group Baking Activity Journal Junction</p>	<p>7</p> <p>Life Skills Book Club Super Bowl Party Therapeutic Techniques Dollar Tree</p>
<p>10</p> <p>CBT group Group: Healthy Relationships Movie: Interview with the Vampire library</p>	<p>11</p> <p>Art and Recovery Tech Skills Budgeting Ted Talk YMCA</p>	<p>12</p> <p>IMR with Tracy Coffee Chat Job Skills Black History Month</p>	<p>13</p> <p>Calvary's Gifts/ K's Consignment Wellness Group Dance Class Journal Junction Dimensions Group</p>	<p>14</p> <p>Life Skills Book Club Game Day Mindfulness Dollar Tree</p>
<p>17</p> <p>Closed for President's Day</p>	<p>18</p> <p>Art and Recovery Cooking Activity Ted Talk Movie: Wonder Woman YMCA</p>	<p>19</p> <p>IMR with Tracy Learn something new Trivia Contest Coffee Chat Walmart</p>	<p>20</p> <p>Dollar General Wellness Group Random Acts of Kindness Journal Junction Dimensions Group</p>	<p>21</p> <p>Life Skills Book Club Pottery making Self Care Activity Dollar Tree</p>
<p>24</p> <p>CBT group Group: Anxiety Movie: Good Morning Vietnam Library</p>	<p>25</p> <p>Art and Recovery Dental Hygiene Ted Talk YMCA</p>	<p>26</p> <p>IMR with Tracy Music Club February Birthdays Coffee Chat Walmart</p>	<p>27</p> <p>Downtown Wellness Group Journal Junction Dimensions Group</p>	<p>28</p> <p>Life Skills Book Club T-Shirt Craft Nature Walk Dollar Tree</p>

JC Center Menu

February 2025

Mon	Tue	Wed	Thu	Fri
3 Chicken Noodle Soup and Rolls	4 Taco Salad	5 Sloppy Joes with Green Beans	6 Reuben Sandwiches and Vegetables	7 Wings and Fries
10 Beef Stroganoff with mixed vegetables	11 Potato Soup with Rolls	12 Chili and Cornbread	13 Lasagna and Ceasar Salad and Garlic Bread	14 Chicken Stir Fry and Rice
17 Closed	18 Meatloaf with Veggies and potatoes	19 Chili Dogs with veggies	20 Hot Dogs and Tots	21 Pizza
24 Country Fried Steak, mashed potatoes, and corn	25 Sub Sandwiches with chips and jello	26 Baked Chicken with Baked Beans	27 Tater Tot Casserole and Vegetables	28 Hamburgers and Curly Fries

What's Happening?

- Hours are 830a to 430p Monday through Friday
- Town Hall Meeting February 5
- Superbowl Party February 7
- Smoking Cessation Group begins February 13

Special Days and Holidays

- February 2— Groundhog Day
- February 14— Valentines Day
- February 17— Presidents' Day

INTERESTING FACTS

◆◆ ABOUT ◆◆

BLACK HISTORY MONTH

Originally focused on reaching **Black students** in public schools.



Started on February 7, 1926, as **Negro History Week**.

Launched by Dr. Carter G. Woodson.



FamilySearch.org

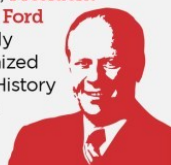


Celebrated in **the US, the UK, Canada, Germany, Netherlands, and the Republic of Ireland.**



Kent State successfully promoted Black History Month in 1970.

In 1976, **President Gerald Ford** officially recognized Black History Month.



Dimensions: Tobacco Free Group

Who: Anyone using tobacco products

What: This is an open group for at risk populations that use tobacco products to provide education and information about the risks of tobacco use, the benefits of stopping tobacco use, tobacco cessation strategies, and other healthy behaviors.

When: Thursdays at 1p beginning on February 13

Where: Jefferson City PSR Center



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.

