

# JC Center Activity Calendar

January 2025

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

Mon	Tue	Wed	Thu	Fri
		1 Closed for New Years Day	2 Art and Recovery Journal Junction Personality types Exercise Walmart	3 Life Skills Book Club Mindfulness Activities Dollar Tree
6 CBT group Group: Healthy Relationships Movie: Inside Out Library	7 Wellness Group Town Hall Skillshare launch YMCA	8 IMR with Tracy MU Extension Coffee Chat Calvary Gifts/K's Consignment	9 Art and Recovery Journal Junction Build a time capsule Knitting/Crocheting Walmart	10 Life Skills Book Club BINGO Dollar Tree
13 CBT group Group: What is Trauma? Movie: Patch Adams Gerbes	14 Wellness Group Consumer Advisory Council Nutrition Education YMCA	15 IMR with Tracy Baking Activity Make a bucket list Mall Outing	16 Art and Recovery Journal Junction Indoor Winter Games Self Care Activities Walmart	17 Life Skills Book Club Karaoke Dollar Tree
20 CBT group Group: Parkinson's Disease MLK Jr Day Movie: Shawshank Redemption Library	21 Wellness Group Coffee Chat Money management YMCA	22 IMR with Tracy Cooking Activity Exploring interests Salvation Army Thrift Store	23 Art and Recovery Journal Junction Indoor Picnic Music Club Walmart	24 Life Skills Book Club Craft Day Dollar Tree
27 CBT group Group: Paranoid PD Movie: What About Bob? 5 Below	28 Wellness Group Dealing with Scams Virtual Escape Room YMCA	29 IMR with Tracy Chinese New Year Trivia Contest Dollar General	30 Art and Recovery Journal Junction January Birthdays Random Act of Kindness Walmart	31 Life Skills Book Club Game Day Dollar Tree

## JC Center Lunch Menu

January 2025

Mon	Tue	Wed	Thu	Fri
		1 Closed for New Years Day	2 Fish and Chips	3 Wings and Fries
6 Turkey Meatloaf, veggies, roasted potatoes	7 Chili and cornbread	8 French Toast and scrambled eggs	9 Taco Salad	10 Chili Dogs and chips
13 Tater Tot Casserole with salad	14 BLTs and Soup	15 Biscuits and Gravy with sausage	16 Chef Salad	17 Corn Dogs
20 Lasagna, garlic bread, salad	21 Grilled Cheese and tomato soup	22 Pancakes and sausage	23 Indoor Picnic	24 Burgers and Fries
27 Polish Sausage with sauerkraut and green beans	28 Goulash	29 Chefs Choice	30 Chicken Parmesan and vegetables	31 Pizza

## What's Happening?

- Hours are 830a to 430p Monday through Friday
- We will be closed for New Years on January 1
- January 7 Monthly Consumer Meeting
- MU Extension office on the 8th
- Consumer Advisory Council on the 14th
- Karaoke on the 17th

## Special Days and Holidays

- January 1— New Years Day
- January 20— Martin Luther King Jr Day
- January 29— Chinese New Year

## Introducing: Skillshare

The Center is launching a trial run of a subscription to Skillshare, a site that has thousands of classes on hundreds of topics. Learn a new skill or improve on existing ones at the 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.

