

JC Center Activity Calendar

April 2025

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

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>Art and Recovery</p> <p>Ted Talk</p> <p>Chair Yoga</p> <p>April Fools Fun</p> <p>Group with Tracy 12p</p> <p>YMCA</p>	<p>2</p> <p>IMR with Tracy</p> <p>Gardening</p> <p>Take a walk</p> <p>Walmart</p>	<p>3</p> <p>Healthcare Home</p> <p>Coffee Chat</p> <p>Journal Junction</p> <p>Dimensions Group</p>	<p>4</p> <p>Life Skills</p> <p>Book Club</p> <p>Music Group</p> <p>Craft Corner/ Beading</p> <p>Dollar Tree</p>
<p>7</p> <p>CBT group (Tracy)</p> <p>Group: Schizophrenia</p> <p>Movie: Avengers</p> <p>library</p>	<p>8</p> <p>Art and Recovery</p> <p>Group with Tracy 12p</p> <p>Ted Talk</p> <p>Chair Yoga</p> <p>Cooking Activity</p> <p>YMCA</p>	<p>9</p> <p>IMR with Tracy</p> <p>Household skills</p> <p>Town Hall</p> <p>Walmart</p>	<p>10</p> <p>Five Below</p> <p>Wellness Group</p> <p>Journal Junction</p> <p>Dimensions Group</p>	<p>11</p> <p>Life Skills</p> <p>Book Club</p> <p>Craft Corner/ Embroidery</p> <p>Dollar Tree</p>
<p>14</p> <p>CBT group</p> <p>DMH Presentation</p> <p>130p</p> <p>Movie: Despicable Me</p> <p>4</p> <p>Mall</p>	<p>15</p> <p>Art and Recovery</p> <p>Group with Tracy 12p</p> <p>Ted Talk</p> <p>Chair Yoga</p> <p>Baking Activity</p> <p>YMCA</p>	<p>16</p> <p>IMR with Tracy</p> <p>Pet Care Basics</p> <p>Consumer</p> <p>Advisory Council</p> <p>Meeting</p> <p>Walmart</p>	<p>17</p> <p>Goodwill</p> <p>Wellness Group</p> <p>Journal Junction</p> <p>Dimensions Group</p>	<p>18</p> <p>Life Skills</p> <p>Book Club</p> <p>Craft Corner/ Decorate your shoes</p> <p>BINGO</p> <p>Dollar Tree</p>
<p>21</p> <p>CBT group</p> <p>Group with Tracy 1030</p> <p>Group: Schizoaffective</p> <p>Disorder</p> <p>Movie: Transformers</p> <p>Library</p>	<p>22</p> <p>Art and Recovery</p> <p>Ted Talk</p> <p>Chair Yoga</p> <p>Coffee Chat</p> <p>Picnic at Park</p>	<p>23</p> <p>IMR with Tracy</p> <p>Karaoke</p> <p>April Birthdays</p> <p>Walmart</p>	<p>24</p> <p>YMCA</p> <p>Tara Triplett 11a</p> <p>Wellness Group</p> <p>Journal Junction</p> <p>Dimensions Group</p>	<p>25</p> <p>Life Skills</p> <p>Book Club</p> <p>Craft Corner/ Calligraphy</p> <p>Dollar Tree</p>
<p>28</p> <p>CBT group</p> <p>Group with Tracy 1030</p> <p>Group: Group Choice</p> <p>Movie: Saving Mr.</p> <p>Banks</p> <p>Aldi</p>	<p>29</p> <p>Art and Recovery</p> <p>Group with Tracy 12p</p> <p>Ted Talk</p> <p>Chair Yoga</p> <p>Cooking Activity</p> <p>HOB</p>	<p>30</p> <p>IMR with Tracy</p> <p>Plant Vegetables</p> <p>Painting Therapy</p> <p>Walmart</p>		

JC Center Lunch Menu

April 2025

Mon	Tue	Wed	Thu	Fri
	1 French Toast and Sausage and Fruit	2 Peanut Butter and Jelly Sandwiches and sides	3 Chow Mein	4 Potato Soup and Rolls
7 Spaghetti with Caesar Salad and Garlic Bread	8 Taco Salad	9 Chicken Green Bean Casserole	10 Pork and Beans with Hot Dogs	11 Grilled Ham and Cheese and Tomato Soup
14 Lasagna with Garlic Bread and Veggies	15 Cheeseburger with onion rings	16 Baked Chicken with Macaroni and Cheese and Corn	17 Omelets with hashbrowns	18 Polish Sausage with Sauerkraut and Potato Salad
21 Pancakes with Bacon and Scrambled Eggs	22 Picnic	23 Chicken and Dumplings with Rolls	24 Pizza	25 Wings and Fries with Veggies
28 Sweet and Sour Chicken and Rice	29 Country Fried Steak with Mashed Potatoes and Green Beans	30 Reubens with Veggies		



What's Happening?

- Hours are 830a to 430p Monday through Friday
- Healthcare Home Presentation April 3
- Town Hall Meeting April 9
- Presentation on Weather Safety from the Department of Mental Health on April 14
- Consumer Advisory Council Meeting April 16
- Picnic at Binder Park on April 22
- Tara Triplett April 24
- Groups with Tracy on Mondays at 1030a and Tuesdays at noon

Special Days and Holidays

- April 1— April Fools Day
- April 7— World Health Day
- April 20— Easter
- April 22— Earth Day
- April 25— Arbor Day

April is Stress Awareness Month, so here are some tips to help manage it.

5 Senses To Help Manage Stress WORKfit

- Sight**: Look at a cherished or favorite photo. Find an area with natural light. Surround yourself with warm or cool colors.
- Smell**: Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle. Try different scents of aromatherapy to help de-stress.
- Taste**: Indulge in a small piece of dark chocolate. Enjoy a healthy, crunchy snack. Sip some hot tea.
- Touch**: Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Give yourself a neck or hand massage. Wear soft clothing.
- Sound**: Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music. Sing along to your favorite song.

When: Every Friday afternoon

Where: PSR Center in Jefferson City

What: Bring a project you are working on or use materials at the center to make art projects, learn something new, and hang out with friends while being creative



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.