

JC Center Activity Calendar

May 2025

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

Mon	Tue	Wed	Thu	Fri
			1 Healthcare Home Coffee Chat Journal Junction Smoke Free Group	2 Life Skills Book Club Craft Corner/ crochet Dollar Tree
5 CBT group Music Group 1030a Group: Grief Movie: Mary Poppins library	6 Art and Recovery Ted Talk Chair Yoga Town Hall YMCA	7 Recovery Corner Diversity Bingo Book Club Cooking Activity Walmart	8 Calvary Gifts Wellness Group Journal Junction Smoke Free Group	9 Life Skills Book Club Craft Corner/ scrapbook Dollar Tree
12 CBT group Music Group 1030a Group: Self Care Movie: Black Beauty Pet Store	13 Art and Recovery Ted Talk Chair Yoga Baking Activity Adrian Island	14 Recovery Corner Tai Chi Celebrate Asian Culture Book Club Walmart	15 Runge Nature Wellness Group Journal Junction Smoke Free Group	16 Life Skills MU Extension 1030 Book Club Craft Corner/Knitting
19 CBT group Music Group 1030a Group: Sensory Processing Movie: Mary Poppins Returns Library	20 Art and Recovery Ted Talk Chair Yoga Coffee Chat Military History Museum	21 Recovery Corner Karaoke Pacific Islander Culture Book Club Walmart	22 Wildwood Plaza Wellness Group Journal Junction Smoke Free Group	23 Life Skills MU Extension 1030 BINGO Book Club Craft Corner/ Pottery Dollar Tree
26 Memorial Day— Closed	27 Art and Recovery Ted Talk Chair Yoga Cooking Activity House of Bargains	28 Recovery Corner Summer Safety Gane Day Book Club May Birthdays Walmart	29 Goodwill Wellness Group Journal Junction Smoke Free Group	30 Life Skills MU Extension 1030 Book Club Craft Corner/ Flower Art Dollar Tree

JC Center Lunch Menu

May 2025

Mon	Tue	Wed	Thu	Fri
			1 Reuben Sandwiches and Vegetables	2 Chicken Fried Steak with Mashed Potatoes and Corn
5 Chili Dogs and Tater Tots	6 Mexican Pizza	7 Baked BBQ Chicken with Green Beans	8 Tuna Casserole	9 Hamburger and Fries
12 Spaghetti and Meatballs with Garlic Bread	13 Tacos with Rice and Beans	14 Asian Beef Soup	15 Biscuits and Gravy with Sausage	16 Sub Sandwiches
19 Hot Dogs with Baked Beans	20 Chicken Alfredo, Garlic Bread and Ceasar Salad	21 Hawaiian Meatballs and Rice	22 Omlettes with Fruit and Orange Juice	23 Fish and Chips
26 Closed for Memorial Day	27 Chicken and Dumplings	28 Lasagna with Garlic Bread and Veggies	29 Chef's Choice	30 French Toast



May 2025

What's Happening?

- Hours are 830a to 430p Monday through Friday
- Healthcare Home Presentation May 1
- Town Hall Meeting May 6
- Music Group on Mondays at 1030a
- Smoke Free Group Thursdays at 1p
- BINGO on May 23
- MU Extension Office May 16,23, and 30

Special Days and Holidays

- May 5— Cinco de Mayo
- May 11— Mother's Day
- May 26— Memorial Day

Craft Corner

- May 2: Learn to Crochet
- May 9: Scrapbooking
- May 16: Knitting
- May 23: Pottery
- May 30: Flower Art



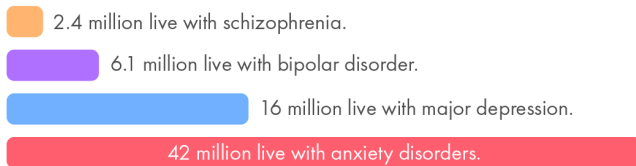
May

is Mental Health Awareness Month

Mental health—how you think, feel and act—can change over time due to factors like workload, stress and work-life balance. The COVID-19 pandemic and quarantining certainly qualify as stressful factors.

1 in 5 Americans experience mental illness each year.

1 in 25 Americans live with a serious mental illness.



Here are some strategies to help you thrive during uncertain times:



Find the positive.

It's natural to go through a grieving process after the loss of a relationship, job or loved one. Remember the good times and focus on what makes you happy.



Create healthy routines.

Healthy routines include eating a nutrition-rich diet, exercising and getting enough sleep. It's OK if your routine is not the same every day. Start with small changes.



Own your feelings.

It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.



Connect with others.

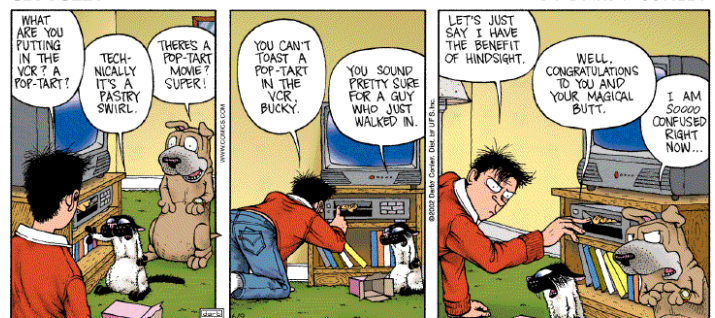
Connections help enrich your life and power through the tough times. Whether in person or virtually, connect with and lean on your support group.

If you're struggling with your mental health during these trying times, you're not alone. If you have concerns about your mental health, please contact a mental health professional.

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GET FUZZY

BY DARBY CONLEY



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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.