

JC Center Lunch Menu

August 2025

Mon	Tue	Wed	Thu	Fri
				1 Homemade Pizza w/Salad
4 Lasagna w/ Ceasar Salad	5 Taco Bowls	6 Baked Chicken Scallop Potatoes Green Beans	7 Sloppy Joes Curly Fries Coleslaw	8 Scrambled Eggs W/ Sausage and Fruit
11 Potato Soup Rolls Salad	12 Chili Billies with Salad	13 Chicken with Rice and Veggies	14 Po Boys w/ Fries	15 Hot Dogs Coleslaw Beans
18 Grilled Cheese Tomato Soup	19 Chicken Caesar wraps with veggie sticks	20 Mashed Potatoes Veggies	21 Fish and Chips	22 Chicken Pasta
25 Spaghetti and Meatballs Ceasar Salad Bread	26 Chef Salad	27 County Fried Steak Mashed Potatoes Veggies	28 Polish Sausage w/ Sauerkraut Veggies	29 Chef's Choice

JC Center Activity Calendar

August 2025

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

Mon	Tue	Wed	Thu	Fri
IMR group PSR Group Outing Counseling Group Special Activity/ Speaker				1 Life Skills 9:45a Book Club Craft Corner 12:30 Dollar Tree 12:30
4 CBT 945a Music Group 1030a Movie: Moulin Rouge Library 1230	5 DBT 945a Wellness 1030a Podcast Salvation Army Thrift Store 1230	6 Mental Health Group Recovery Group 1030a Creative Activity Walmart 1230	7 Coffee Chat Healthcare Home 915 am Runge Nature 10am Journal Junction 12p Smoke Free Group 1p	8 Life Skills 945a Book Club Craft Corner 1230p Dollar General 1230p
11 CBT 945a Music Group 1030a Movie: Consumer Choice	12 Wellness 1030a Town Hall 945a Podcast Aldi 1230	13 Mental Health Group 945a Recovery Group 1030a Tye Dye Walmart 1230	14 Art Class: Jason 10am Diabetic Conversations 10a Journal Junction 12p Smoke Free Group 1p	15 Life Skills 945a Book Club Craft Corner 1230p Bingo
18 CBT 945a Music Group 1030a Movie: Alice In Wonderland Library 1230	19 DBT 945a Wellness 1030a Podcast Goodwill 1230	20 Mental Health Group 945a Recovery Group 1030a Chair Yoga Walmart 1230	21 Crochet Basics Journal Junction 12p Smoke Free Group 1p	22 Life Skills 945a Book Club Craft Corner 1230p
25 CBT 945a Music Group 1030a Movie: My Big Fat Greek Wedding	26 Wellness 1030a Creative Therapy Podcast Coffee Chat	27 Mental Health Group 945a Recovery Group 1030a August Birthdays Walmart 1230	28 Coffee Chat 10a Hobby Lobby Journal Junction 12p Smoke Free Group 1p	29 Life Skills 945a Book Club Craft Corner 1230p Dollar General 1230p



AUGUST 2025

What's Happening?

- Open from 830a to 430p Monday— Friday
- Music Group on Mondays at 1030a
- DBT Group Tuesdays at 930a
- Smoke Free Group Thursdays at 1p

Special Days and Holidays

- Healthcare Home Presentation August 7
- Town Hall Meeting August 12
- Diabetic Conversations August 14
- BINGO August 15
- August Birthdays August 27

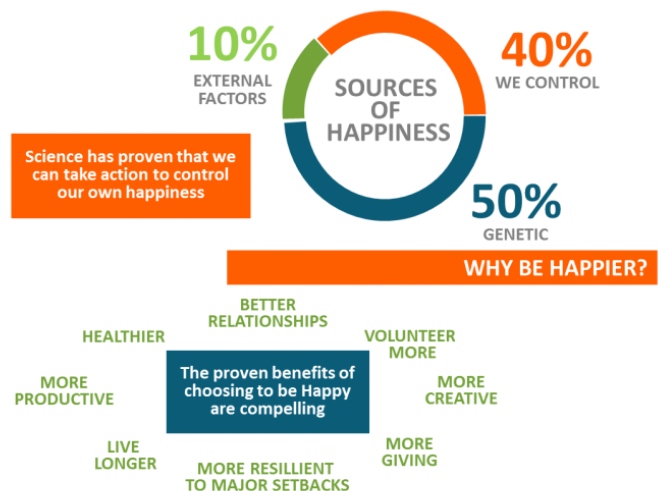
Introducing

What: DBT Group

When: Tuesdays at 945a beginning August 5

This PSR-IMR group runs for 12 weeks and will teach DBT techniques that will assist you with emotional regulation and goal setting while incorporating mindfulness and problem-solving strategies.

HAPPINESS FIRST



HOW DO WE CHOOSE TO BE HAPPIER?



COMPELLING HAPPINESS FACT

IF YOU HAVE 3 OR MORE CLOSE FRIENDS AT WORK, YOU ARE **96%** MORE LIKELY TO BE VERY SATISFIED WITH YOUR LIFE !

Summer Boredom Activity Bingo

Paint Rocks	Go On A Bike Ride	Exercise	Read A Book Outside	Build A Fort
Create A Dance To Perform	Learn Sign Language	Go On A Walk	Paint Or Color A Picture	Create A Story Book
Have A Picnic Outside	Bake Cookies	FREE SPACE	Make A Treasure Map	Outdoor Yoga Or Obstacle Course
Do A Good Deed For Someone	Write Letters To A Pen Pal	Listen To A Book On Tape	Chalk The Driveway	Build With Legos
Play A Board Game	Do A Puzzle	Wash The Car	Make A Craft	Create A Puppet Show

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.