

March 2026
JC PSR Activity Calendar
Hours M-F 8:30 am – 4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CBT Group 945a Music Group 1030a Make a compliment chain Movie: Avatar Library 1p</p>	<p>3</p> <p>Grief Group 945a Wellness 1030a Dance Exercises Mall 1p</p>	<p>4</p> <p>Kidney Health Class 10a Recovery Group 1030a Music Therapy Walmart 1p</p>	<p>5</p> <p>Smoking Group 10a Money Health 1045a Decluttering 101 Wildwood Plaza 1p</p>	<p>6</p> <p>Book Club 945a Mental Health Group 1030a Knitting Class Dollar General 1p</p>
<p>9</p> <p>CBT Group 945a Music Group 1030a Movie: Return of the Jedi Art Gallery 1p</p>	<p>10</p> <p>Med Management Class 10a Town Hall 1045a Tai Chi Walking Aldi 1p</p>	<p>11</p> <p>Recovery Group 1030a Arts and Crafts Walmart 1p</p>	<p>12</p> <p>Smoking Group 10a Money Health 1045a Organizing Your Home Goodwill 1p</p>	<p>13</p> <p>Book Club 945a Art and Recovery 1030a Crochet Class Dollar Tree 1p</p>
<p>16</p> <p>CBT Group 945a Music Group 1030a Movie: Dreamgirls</p>	<p>17</p> <p>Wellness 1030a Chair Yoga Games</p>	<p>18</p> <p>Recovery Group 1030a St Patrick's Day Party Walmart 1p</p>	<p>19</p> <p>Smoking Group 10a Money Health 1045a Cooking Class Park Outing 1p</p>	<p>20</p> <p>Book Club 945a Mental Health Group 1030a Game Tournament Dollar General 1p</p>
<p>23</p> <p>CBT Group 945a Music Group 1030a Movie: August Rush Library 1p</p>	<p>24</p> <p>Grief Group 945a Wellness 1030a Chair Exercises Target 1p</p>	<p>25</p> <p>Recovery Group 1030a March Birthdays Pool Tournament Walmart 1p</p>	<p>26</p> <p>Smoking Group 10a Money Health 1045a Meal Prep 101 Watch ice skating 1p</p>	<p>27</p> <p>Book Club 945a Art and Recovery 1030a Dollar Tree 1p</p>
<p>30</p> <p>CBT Group 945a Music Group 1030a Movie: Mrs. Doubtfire Five Below 1p</p>	<p>31</p> <p>Grief Group 945a Wellness 1030a Nature Walk Memorial Park 1p</p>			<p>IMR group PSR Group Outing Special Activity/Speaker</p>

March 2026 JC PSR Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Taco Salad	3 Baked Chicken with steamed veggies and rice	4 Biscuits and Gravy with scrambled eggs and sausage	5 Chicken Nuggets and Pasta Salad	6 Fish Filets with Macaroni and Cheese and Salad
9 Chicken Green Bean Casserole	10 Country Fried Steak with mashed potatoes and salad	11 Apple Salad and Sub Sandwiches	12 Ravioli and Salad	13 Salmon with Quinoa and Green Beans
16 BLTs with Chips and Salad	17 Cobb Salad with rolls	18 Corned Beef and Cabbage with roasted potatoes	19 Reubens with Fries and Salad	20 Fish and Chips with coleslaw
23 Chicken and Dumplings with Salad	24 Grilled Cheese and Tomato Soup with Salad	25 Tanzanian Meal	26 Egg Salad Wraps with veggie straws	27 Fried Chicken with Mashed Potatoes and green beans
30 Pancakes and Sausage with fruit	31 Lasagna with Ceasar Salad and Garlic Bread			



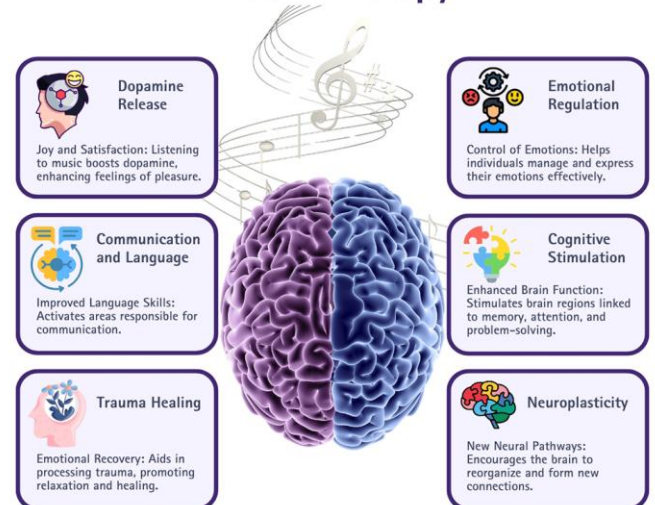
What's Happening

- Hours are 830a-430p M-F
- Healthcare Home Presentation March 4
- Monthly Town Hall Meeting March 10
- St Patrick's Day Party March 18
- March Birthdays Celebration March 25
- CBT and Music Groups on Mondays
- Grief Group Tuesdays at 945a
- Recovery Group on Wednesdays at 1030a
- Smoking Cessation Group on Thursdays at 10a
- Mental Health groups with Nurse April on Fridays at 1030a

Special Days and Holidays

- March 1– World Compliment Day
- March 1– World Music Therapy Day
- March 8– Daylight Savings
- March 17– St Patrick's Day
- March 20– Spring Starts

The Positive Effects of Music Therapy



Underrated Compliments

- You have a beautiful soul
- You're a good friend
- I love how you see good in others
- You're so resourceful
- I feel safe around you
- I admire your strength
- The world is lucky to have you
- You're so kind
- I enjoy your company

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MIND JOURNAL



Did you Know?

We have fitness equipment available at the Center available to use at any time while you are here to help you work toward your health goals without needing to pay for a gym membership

Money Management

On Thursday mornings this month, we will be doing a series to help you with learning how to effectively manage your finances and understand how things like budgeting and credit works. Join us to learn some skills to help with your financial health.

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.

We want to hear from you!