

April 2026
JC PSR Activity Calendar
Hours M-F 9:30 am – 12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>IMR group PSR Group Outing Special Activity/Speaker</p>		<p>1 Stress Awareness 10a Recovery Group 1030a April Prize Drawing Walmart 1p</p>	<p>2 Nicotine Journey10a DBT Group 1045a Dollar General 1p</p>	<p>3 Book Club 945a Mental Health Group 1030a</p>
<p>6 CBT Group 945a Movie: Terminator</p>	<p>7 Wellness Group Life Skills 1045a Library 1p</p>	<p>8 Recovery Group1045a Town Hall 930a Walmart 1p</p>	<p>9 Nicotine Journey10a DBT Group1045a Dollar Tree 1p</p>	<p>10 Music Therapy Art and Recovery 1030a</p>
<p>13 CBT Group 945a Movie: Patch Adams</p>	<p>14 Wellness Group Consumer Advisory Council 1045a Wildwood Plaza 1p</p>	<p>15 Recovery Group 1045a Walmart 1p</p>	<p>16 Nicotine Journey10a DBT Group 1045a Aldi 1p</p>	<p>17 Music Therapy Mental Health Group 1030a</p>
<p>20 CBT Group 945a Movie: Forrest Gump</p>	<p>21 Wellness Group Life Skills 1045a Library 1p</p>	<p>22 Recovery Group 1045a Walmart 1p</p>	<p>23 Nicotine Journey10a DBT Group 1045a Schultes 1p</p>	<p>24 Music Therapy Art and Recovery 1030a</p>
<p>27 CBT Group 945a Movie: Secondhand Lions</p>	<p>28 Wellness Group Life Skills 1045a Gerbes1p</p>	<p>29 Recovery Group 1045a April Birthdays Walmart 1p</p>	<p>30 Nicotine Journey10a DBT Group 1045a Goodwill 1p</p>	



What's Happening

- Hours are 915a-1230p M-F
- Healthcare Home Presentation April 1
- Town Hall Meeting April 8
- Consumer Advisory Council April 14
- April Birthdays April 29

Special Days and Holidays

- April Fools Day April 1
- World Health Day April 7
- Easter April 12
- Earth Day April 22

Announcement!!

Due to changes in staff and Center Hours, we will be serving sack lunches every day this month instead of our normal menu selections. We will also be closing every day at 12:30p.

Benefits of Laughing

Physical health benefits
 Boosts immunity
 Lowers stress hormones
 Decreases pain
 Relaxes your muscles
 Prevents heart disease

Mental health benefits
 Adds joy and zest to life
 Eases anxiety & tension
 Relieves stress
 Improves mood
 Strengthens resilience

Social benefits
 Strengthens relationships
 Attracts others to us
 Enhances teamwork
 Helps defuse conflict
 Promotes group bonding

TheQuotes.Net

4 ways to deal with stress

	In the long-term <ul style="list-style-type: none"> ✓ Exercise regularly ✓ Eat well ✓ Practice Mindfulness ✓ Practice relaxation techniques 	In the short-term <ul style="list-style-type: none"> ✓ Take a walk ✓ Practice deep breathing ✓ Use aromatherapy ✓ Get a hug from a loved one 	
	Home <ul style="list-style-type: none"> ✓ Express yourself ✓ Take action ✓ Get organized ✓ Create your own space 	Work <ul style="list-style-type: none"> ✓ Understand the expectations ✓ Avoid multitasking ✓ Minimize conflict ✓ Get comfortable 	Relationships <ul style="list-style-type: none"> ✓ Remove external stressors ✓ Get to the root of the problem ✓ Save time for yourself ✓ Improve your communication skills

Life Skills Group

When: Tuesdays at 1045a

What: Learn to cook, clean, take care of your home, stay safe and healthy, manage your money and more

Why: So that you can have the tools to be as independent as possible and reach your goals!

Did you Know?

We have a growing collection of board games and a cabinet of art supplies available for you to enjoy any time you are at the Center. You don't have to wait for something to be scheduled to use them, so come create or game as much as you wish!

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!