

**May 2026**  
**JC PSR Activity Calendar**  
**Hours M-F 9:15 am – 12:30 pm**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IMR Group</b>  <b>PSR Group</b>  <b>Outing</b>  <b>Special Activity/  Speaker</b></p>				<p><b>1</b>  <b>Music Therapy</b>  <b>Mental Health</b>  <b>Group</b>  <b>1030a</b></p>
<p><b>4</b>  <b>CBT Group 945a</b>  <b>Movie: Sister Act</b></p>	<p><b>5</b>  <b>Women’s</b>  <b>Health 10a</b>  <b>Life Skills 1045a</b>  <b>Library 1230p</b></p>	<p><b>6</b>  <b>Recovery Gp 1045a</b>  <b>Town Hall 930a</b>  <b>Walmart 1230p</b></p>	<p><b>7</b>  <b>Nicotine Journey 10a</b>  <b>DBT Group 1045a</b>  <b>Dollar Tree 1230p</b></p>	<p><b>8</b>  <b>Music Therapy</b>  <b>Art and</b>  <b>recovery</b>  <b>1030a</b></p>
<p><b>11</b>  <b>CBT Group 945a</b>  <b>Movie: Car Wash</b></p>	<p><b>12</b>  <b>Wellness</b>  <b>Life Skills</b>  <b>Wildwood P</b>  <b>1230p</b></p>	<p><b>13</b>  <b>Recovery Gp 1045a</b>  <b>Walmart 1230p</b></p>	<p><b>14</b>  <b>Nicotine Journey 10a</b>  <b>DBT Group 1045a</b>  <b>Calvary Gift/K’s</b>  <b>Consignment 1230p</b></p>	<p><b>15</b>  <b>Music Therapy</b>  <b>Mental Health</b>  <b>Group</b>  <b>1030a</b></p>
<p><b>18</b>  <b>CBT Group 945a</b>  <b>Movie: Lassie</b></p>	<p><b>19</b>  <b>Wellness</b>  <b>Life Skills 1045a</b>  <b>Aldi 1230p</b></p>	<p><b>20</b>  <b>Recovery Gp 1045a</b>  <b>Walmart 1230p</b></p>	<p><b>21</b>  <b>Nicotine Journey 10a</b>  <b>DBT Group 1045a</b>  <b>Jefferson Plaza</b>  <b>1230p</b></p>	<p><b>22</b>  <b>Music Therapy</b>  <b>Art and</b>  <b>recovery</b>  <b>1030a</b></p>
<p><b>25</b>  <b>Closed for</b>  <b>Memorial Day</b>  <b>Holiday</b></p>	<p><b>26</b>  <b>Wellness</b>  <b>Life Skills 1045a</b>  <b>HOB 1230p</b></p>	<p><b>27</b>  <b>Recovery Gp 1045a</b>  <b>May Birthdays</b>  <b>Walmart 1230p</b></p>	<p><b>28</b>  <b>Nicotine Journey 10a</b>  <b>DBT Group 1045a</b>  <b>Goodwill 1230p</b></p>	<p><b>29</b>  <b>Music Therapy</b>  <b>Mental Health</b>  <b>Group</b>  <b>1030a</b></p>



### What's new

- Hour are 9:15 - 12:30 M-F
- Town Hall meeting May 6
- Consumer Advisory Council May 12
- May Birthdays May 27

### Special Days and Holidays

- International Worker's Day May 1
- Cinco de Mayo May 5
- International Day of Families May 15
- International Tea Day May 21
- **Memorial Day – May 25**
- World No Tobacco Day May 31

### Focus on

- **Self care:** Healthy diet, enough sleep, minimize alcohol/tobacco use
- **Maintaining social connections:** Families, friends community groups to avoid isolation
- **Seeking professional help:** Primary care provider for ongoing or severe symptoms
- **Mental Exercises:** puzzles, reading, learning new skills
- **Use coping skills:** journaling, deep breathing exercise and meditation to manage stress

### Key Messages for World No Tobacco Day

**“ Burn calories, not tobacco”**

- **Protect Youth:** Unmask the appeal
- **Health Focus:** Tobacco kills 8 million people a year. Choose health, not nicotine
- **Sustainability:** Grow food, not tobacco, Protect our Planet
- **Empowerment:** Break free from the trap. Your body can heal, and your lungs can breathe again
- **Actionable Advice:** If you don't smoke don't start. If you do, quit today

