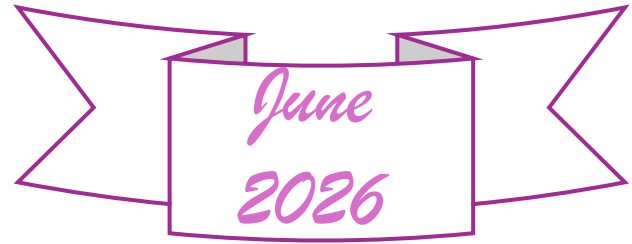


June 2026
JC PSR Activity Calendar
Hours M-F 9:15 am – 12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 CBT Group 945a Documentary: Greece	2 Men's Health945a Life Skills 1045a Library 1230p	3 Recovery Group 10a Walmart 1230p	4 Nicotine Journey 945a DBT Group 1045a Dollar General 1230p	5 Therapeutic stories 930a Mental Health Group 1030a
8 CBT Group 945a Documentary: USA New York	9 Stress Management Group945a Life Skills 1045a Capital Mall1230p	10 Town Hall 930a Recovery Group10a Walmart 1p	11 Nicotine Journey945a DBT Group1045a Five Below1230p	12 Music Therapy Art and Recovery 1030a
15 CBT Group 945a Documentary: Germany	16 Stress Management Group945a Life Skills 1045a Salvation Army 1230p	17 Recovery Group 10a Mindfulness BINGO Walmart 1p	18 Nicotine Journey945a DBT Group 1045a Dollar Tree 1230p	19 Therapeutic stories930a Mental Health Group 1030a
22 CBT Group 945a Documentary: Japan	23 Wellness Group945a Life Skills 1045a Library 1p	24 Recovery Group 10a June Birthday's Walmart 1p	25 Nicotine Journey945a DBT Group 1045a Picnic Day 1p	26 Therapeutic stories930a Art and Recovery 1030a
29 CBT Group 945a Documentary: Africa	30 Wellness Group945a Life Skills 1045a Goodwill1230p	1	2	IMR group PSR Group Outing Special Activity/Speaker

June 2026
JC PSR Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	2 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	3 Jambalaya	4 Lasagna Bread Sticks Cesar Salad	5 Sandwich (Turkey/Ham/Bologna/ PG/Salami)
8 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	9 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	10 Reubens Fries Veggie	11 Spaghetti meatballs Veggies	12 Sandwich (Turkey/Ham/Bologna/ PG/Salami)
15 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	16 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	17 Chicken Nuggets Macaroni and Cheese Veggie	18 Fried Rice Wings Salad	19 Sandwich (Turkey/Ham/Bologna/ PG/Salami)
22 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	23 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	24 Pizza	25 Mashed potatoes Fried Chicken Green beans	26 Hot Dogs Mac N Cheese Veggie
29 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	30 Sandwich (Turkey/Ham/Bologna/ PG/Salami)			



What's Happening

- Hours are 915a-1230p M-F
- Men's Health Presentation June 2
- Town Hall Meeting June 10
- Mondays: Traveling to different countries
- June Birthdays June 24

Special Days and Holidays

- Juneteenth National Independence Day June 19
- National picnic Day June 18
- World Environment Day June 5
- Father's Day June 21



4 ways to deal with stress



In the long-term

- ✓ Exercise regularly
- ✓ Eat well
- ✓ Practice Mindfulness
- ✓ Practice relaxation techniques



In the short-term

- ✓ Take a walk
- ✓ Practice deep breathing
- ✓ Use aromatherapy
- ✓ Get a hug from a loved one

Home

- ✓ Express yourself
- ✓ Take action
- ✓ Get organized
- ✓ Create your own space

Work

- ✓ Understand the expectations
- ✓ Avoid multitasking
- ✓ Minimize conflict
- ✓ Get comfortable

Relationships

- ✓ Remove external stressors
- ✓ Get to the root of the problem
- ✓ Save time for yourself
- ✓ Improve your communication skills

Juneteenth 2026 key messages

- 1. Freedom Remembered** – Juneteenth, June 19, 2026, marks the 1865 liberation of the last enslaved African Americans, a lasting symbol of hope and resilience.
- 2. Culture Celebrated** – Communities honor the day with music, food, art, and stories that preserve African American heritage and unity.
- 3. Equality Pursued** – Juneteenth is both a celebration and a call to continue the fight for justice and inclusion.