

September 2026

JC PSR Activity Calendar

Hours M-F 9:15 am – 12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
IMR group PSR Group Outing Special Activity/Speaker	1 Infection Control 945a Wellness 1045a YMCA 1230p	2 Documentary: Wham Recovery Group 10a HOB 1230p	3 Nicotine Journey 1000a DBT Group 1045a Dollar General 1230p	4 Movie: Summer of Soul 930a Art and Recovery 1030a
7 Center Closed	8 Suicide prevention/support 945a Wellness 1045a Goodwill 1230p	9 Town Hall 930a Recovery Group 10a Walmart 1230p	10 Nicotine Journey 1000a DBT Group 1045a Five Below 1230p	11 Music Therapy 930a Mental Health Group 1030a
14 CBT Group 945a Movie: Paddington	15 Obsessive Compulsive Disorder 945a Wellness 1045a Runge Conservation Nature Center 1230p	16 Recovery Group 10a Mindfulness BINGO 1045a Walmart 1230p	17 Nicotine Journey 1000a DBT Group 1045a Dollar Tree 1230p	18 Piano Lessons and Calligraphy 930a
21 CBT Group 945a Documentary: Lighthearted and wholesome comfort	22 Attention-Deficit/Hyperactivity Disorder 945a Wellness 1045a Capital Mall 1230p	23 The Greatest Night in Pop 930a Recovery Group 10a Walmart 1230p	24 Nicotine Journey 1000a DBT Group 1045a Memorial Park/Ice Cream place 1230p	25 Music Therapy 930a Art and Recovery Group 1030a
28 CBT Group 945a Movie: CODA	29 Autism Wellness 1045a Capital Mall 1230p	30 September Birthday's 930a Recovery Group 10a Walmart 1230p		

September 2026
JC PSR Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	1 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	2 Spaghetti and meat balls and veggie	3 Pizza	4 Sandwich (Turkey/Ham/Bologna/ PG/Salami)
7 Center Closed	8 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	9 Hot wings with Mashed potatoes and Green beans and Onion Gravy	10 Chicken Dumplings with Rolls	11 Sandwich (Turkey/Ham/Bologna/ PG/Salami)
14 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	15 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	16 Chicken Nuggets Macaroni and Cheese Veggie	17 Biscuits and gravy, sausage and scrambled egg	18 Sandwich (Turkey/Ham/Bologna/ PG/Salami)
21 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	22 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	23 Egg salad and croissant	24 Cheeseburgers with Curly Fries	25 Sandwich (Turkey/Ham/Bologna/ PG/Salami)
28 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	29 Sandwich (Turkey/Ham/Bologna/ PG/Salami)	30 Fish and fries and veggie		



What's Happening

- Hours are 915a-1230p M-F
- Infection Control September 1
- Town Hall Meeting September 9
- September Birthdays September 30

Special Days

- Labor Day – September 7
- World Suicide Prevention Day September 9
- International Day of Peace September 21
- Start Autumn September 22

Did you Know

- **“Change the Narrative”** is the theme for this year’s World Suicide Prevention Day
- It’s about transforming how we perceive this complex issue.
- It’s about shifting from a culture of silence and lack of understanding to one of openness, empathy, and support.
- It’s about inspired individuals, communities, organizations, and governments to engage in open and honest discussions about suicide and suicidal behavior.
Together we can break down barriers, raise awareness, and create better cultures of understanding and support.

Self-Care Tips

- **Stay active:** Even 20–30 minutes of walking daily can boost mood and reduce stress
- **Eat well and stay hydrated:** Balanced meals and water support energy and focus; limit excessive caffeine and alcohol if they affect your mood
- **Prioritize sleep:** Aim for 7–8 hours, keep a consistent schedule, and reduce blue light exposure before bed
- **Practice relaxation:** Try meditation, deep breathing, or muscle relaxation; apps and guided programs can help
- **Set boundaries:** Learn to say “no” to avoid burnout
- **Cultivate gratitude:** Write down three things you’re grateful for daily to shift focus toward positivity
- **Stay connected:** Reach out to supportive friends or family; social connection reduces stress