


Sterling Community Center

OCTOBER 2016

29 Sterling Ave., White Plains 10606

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Arts Night At SCC” Consists of: Happy Feet w/ Jen 3-4 Gleeful Harmony 4-5 Open Mic Group 5-6</p>	<p>SCC Hours of Operation: Monday: 8:30A-5:00P Tuesday: 8:30A-5:00P Wednesday: 8:30A-5:00P Thursday: 8:30A-7:30P Friday: 8:30A -5:00P</p>	<p>Sat. & Sun. Socials are from 12:00-3:00pm <i>(unless otherwise noted)</i></p>	<p>For information on how to join the Community Center and participate in our activities, call: (914) 949-1212 ext. 7114 and ask for an application.</p>		<p>CUBA From The Rooftops To The Streets The Rye Arts Center</p> <p>Leave at 12:00 Donald, Lou</p>	
2 MEET UP WITH FRIENDS IN THE COMMUNITY	3 Daily Meditation 9:45-10 Policy Meeting 10-11 Movie Mondays 11-12 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Support Training 2-4:30	4 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Reaching Solutions 11-12 Intro to Internet 1:30-2:30	5 Daily Meditation 9:45-10 Healing Hearts 10-11 “Creative Minds” 11-12 SHOP RITE 11-12 Chi Kung 12:30-1:30 Cooking with Alice 1:15-2:15 Afternoon Meditation 2:00-2:30 Peer Support Training 2-4:30 <u>WP OPEN MIC 6:30</u>	6 Daily Meditation 9:45-10 Animal/Pet Care 9:45-10:45 Sexual Health 11-12 Intro to Computers 11-12 APS Support 11-12 Befriending Self –Yoga 11-12 Tennis (see Glenn) Peer Support 1-2 “Arts Night at SCC” 3-6* Exp Extreme Experiences 6-7	7 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12-1 Meet-Up Planning 1-1:15 Music Appreciation 1-2	8 Bear Mountain OctoberFest Leaves at 11:00 Donald, Lou
9 Hastings Flea Hastings on Hudson Leaves at 11:00 Donald, Eboni	10 HAPPY COLUMBUS DAY CENTER CLOSED	11 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Participant Advisory Board 10:30-12 Reaching Solutions 11-12 \$ Budget Group \$ 1:15-2:15 Intro to Internet 1:30-2:30	12 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>DOLLAR STORE</u> “Creative Minds” 11-12 Chi Kung 12:30-1:30 Cooking with Alice 1:15-2:15 Afternoon Meditation 2:00-2:30 Peer Support Training 2-4:30	13 Daily Meditation 9:45-10 Animal/Pet Care 9:45-10:45 Sexual Health 11-12 Intro to Computers 11-12 APS Support 11-12 Befriending Self –Yoga 11-12 Tennis (see Glenn) Peer Support 1-2 “Arts Night at SCC” 3-6* Exp Extreme Experiences 6-7	14 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12-1 Meet-Up Planning 1-1:15 Music Appreciation 1-2	15 Sleepy Hollow Street Festival Leaves at 12:00 Donald, Lou
16 MEET UP WITH FRIENDS IN THE COMMUNITY	17 Daily Meditation 9:45-10 Policy Meeting 10-11 <u>CVS 11-12</u> Movie Mondays 11-12 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Support Training 2-4:30	18 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Reaching Solutions 11-12 \$ Budget Group \$ 1:15-2:15 Intro to Internet 1:30-2:30	19 Daily Meditation 9:45-10 Healing Hearts 10-11 “Creative Minds” 11-12 Chi Kung 12:30-1:30 Cooking with Alice 1:15-2:15 Afternoon Meditation 2:00-2:30 Peer Support Training 2-4:30	20 Daily Meditation 9:45-10 Animal/Pet Care 9:45-10:45+ Sexual Health 11-12 Intro to Computers 11-12 APS Support 11-12 Befriending Self –Yoga 11-12 Tennis (see Glenn) Peer Support 1-2 “Arts Night at SCC” 3-6* Exp Extreme Experiences 6-7	21 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12-1 Meet-Up Planning 1-1:15 Music Appreciation 1-2	22 The OutHouse Orchard Leaves at 11:00 Donald, Lou
23 Westchester Philharmonic Purchase Leaves At 10:00 Donald, Eboni	24 & 31 Daily Meditation 9:45-10 Birthdays/Recognition Policy Meeting 10-11 Movie Mondays 11-12 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Support Training 2-4:30	25 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Reaching Solutions 11-12 \$ Budget Group \$ 1:15-2:15 Intro to Internet 1:30-2:30	26 Daily Meditation 9:45-10 Healing Hearts 10-11 Participant Advisory Board 10:30-12 “Creative Minds” 11-12 Chi Kung 12:30-1:30 Cooking with Alice 1:15-2:15 Afternoon Meditation 2-2:30 Peer Support Training 2-4:30	27 Daily Meditation 9:45-10 Animal/Pet Care 9:45-10:45+ Sexual Health 11-12 Intro to Computers 11-12 APS Support 11-12 Befriending Self –Yoga 11-12 Tennis (see Glenn) Peer Support 1-2 “Arts Night at SCC” 3-6* Exp Extreme Experiences 6-7	28 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12-1 Meet-Up Planning 1-1:15 Music Appreciation 1-2 HOPE HOUSE DANCE 5-8	29 Hudson River Museum HalloWeekend Leaves at 12:00 Donald, Lou
30 MEET UP WITH FRIENDS IN THE COMMUNITY						