

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>MEET UP WITH FRIENDS IN THE COMMUNITY</b>	2 Daily Meditation 9:45-10 Policy Meeting 10-11 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Training Class 2-4:30	3 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Be Here NOW 11-12 Estamos Unidos 11-12 Chi Kung 1-2	4 Daily Meditation 9:45-10 Healing Hearts 10-11 MICHAELS 11-12 Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30 <u>WP Open Mic 6:30</u>	5 Daily Meditation 9:45-10 Family Matters 10-11 APS Support 11-12 Sexual Health 11-12 Befriending Self -Yoga 11-12 Hopes and Dreams 1-1:30 Disc. The Community 3:30-6:30 Exp Extreme Experiences 6-7	6 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12:15-1 Music Appreciation 1-2	7 <b>NEUBEGGER MUSEUM SUNY PURCHASE</b>  Leaves at 12:00p Donald, Lou
8 <b>CITY ISLAND</b> <i>Leaves at 11:00a</i> Eboni, Donald	9 <b>COLUMBUS DAY HOLIDAY</b> <b>CENTER CLOSED</b>	10 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Participant Advisory Board 10:30-12 Be Here NOW 11-12 Estamos Unidos 11-12 Chi Kung 1-2	11 Daily Meditation 9:45-10 Healing Hearts 10-11 DOLLAR STORE 11-12 Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30	12 Daily Meditation 9:45-10 Family Matters 10-11 APS Support 11-12 Sexual Health 11-12 Befriending Self -Yoga 11-12 Hopes and Dreams 1-1:30 Open Mic Group 5-6 Exp Extreme Experiences 6-7	13 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12:15-1 Music Appreciation 1-2	14 <b>SLEEPY HOLLOW STREET FAIR</b>  Leaves at 12:00p Donald, Tanya
15 <b>MEET UP WITH FRIENDS IN THE COMMUNITY</b>	16 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 Training Class 2-4:30	17 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 PHOTOGRAPHY 10:30-12 Be Here NOW 11-12 Chi Kung 1-2	18 Daily Meditation 9:45-10 Healing Hearts 10-11 TRADER JOES 11-12 Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30	19 Daily Meditation 9:45-10 Family Matters 10-11 APS Support 11-12 Sexual Health 11-12 Befriending Self -Yoga 11-12 RECOGNITION SOLVE 1-2 Intro to Computers 2-3 Tennis - See Glenn Disc. the Community 3:30-6:30 Exp Extreme Experiences 6-7	20 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12:15-1 Music Appreciation 1-2	21 <b>CROSS COUNTRY MALL YONKERS</b>  Leaves at 12:00p Donald, Lou
22 <b>STUART FARMS APPLE PICKING</b> <i>Leaves at 12:00p</i> Donald, Eboni	23 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 2-2:30 Peer Training Class 2-4:30	24 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 PHOTOGRAPHY 10:30-12 Be Here NOW 11-12 Estamos Unidos 11-12 Chi Kung 1-2	25 Daily Meditation 9:45-10 Healing Hearts 10-11 Participant Advisory Board 10:30-12 CHRISTMAS TREE 11-12 Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30	26 Daily Meditation 9:45-10 Family Matters 10-11 APS Support 11-12 Sexual Health 11-12 Befriending Self -Yoga 11-12 Hopes and Dreams 1-1:30 Intro to Computers 2-3 Tennis - See Glenn Open Mic Group 5-6 Exp Extreme Experiences 6-7	27 Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 Our Realities 12:15-1 Music Appreciation 1-2 <u>HOPE HOUSE DANCE 5-8</u>	28 <b>OCTOBER FEST</b>  Leaves at 12:00p Donald, Tanya
29 <b>MEET UP WITH FRIENDS IN THE COMMUNITY</b>	30 Daily Meditation 9:45-10 Birthdays/Recognition @ Policy Meeting 10-10:30 Kelly Darrow -HDSW- 10:30-11:30 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2-2:30 Peer Training Class 2-4	31 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 PHOTOGRAPHY 10:30-12 Be Here NOW 11-12 Chi Kung 1-2 Staff Safety Training 3-5 CENTER CLOSED AT 2:30 <u>TRANSPORTATION LEAVES</u> At 1:00p	For information on how to join the Community Center and participate in our activities, call: (914) 345-5900 ext. 7113 and ask for an application.	<b>SCC Hours of Operation:</b> 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	<b>Sat. &amp; Sun. Socials</b> are from <b>12:00-3:00pm</b> (unless noted otherwise)	