

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>SCC Hours of Operation:</u> Monday: 8:30A-5:00P Tuesday: 8:30A-5:00P Wednesday: 8:30A-5:00P Thursday: 8:30A-7:30P Friday: 8:30A -2:30P</p>	<p>Sat. & Sun. Socials are from 12:00-3:00pm (unless noted otherwise)</p>	<p>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.</p>	 <p>SCC Closes at 2:30 on Fridays</p>	<p>¹ Daily Meditation 9:45-10 Family Matters 10-11 Substance Use Recovery 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 APS Support 11-12 Hopes and Dreams 1-2 Intro to Computers 2-3 Disc. the Community 3:00- 5:00 CENTER CLOSSES AT 5pm</p>	<p>² 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</p>	<p>³ <i>River Arts Music Tour</i> <i>Frisky Chestnut Dobbs Ferry</i> Leaves at 12:00p Donald, Lou</p>
<p>⁴ 30th Annual Tarrytown Street Fair Leaves at 12:00p Donald, Eboni</p>	<p>⁵ Daily Meditation 9:45-10 Policy Meeting 10-1 Movie Mondays 11-12 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Peer Specialist Training 2-4:30</p>	<p>⁶ Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Reaching Solutions 11-12 Chi Kung 1-2</p>	<p>⁷ Daily Meditation 9:45-10 Healing Hearts 10-11 Participant Advisory Board 10:30-12 SHOP RITE 11-12 Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Specialist Training 2-4:30 <u>WP Open Mic 6:30</u></p>	<p>⁸ Daily Meditation 9:45-10 Family Matters 10-11 Substance Use Recovery 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 APS Support 11-12 Hopes and Dreams 1-2 Intro to Computers 2-3 Open Mic Group 5-6 Exp Extreme Experiences 6-7</p>	<p>⁹ Daily Meditation 9:45-10 Yoga 10-11 Art Workshop 10-11:30 8 Dimensions 11-12 <u>CENTER CLOSSES at 12:00p</u> <u>NO TRANSPORTATION</u></p>	<p>¹⁰ 37th Annual Ossining Village Fair Ossining Leaves at 12:00p Donald, TBA</p>
<p>¹¹ MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>¹² Daily Meditation 9:45-10 <u>Half Fare Metro Card Sign Up 9:30-10:00</u> Policy Meeting 10-10:30 Movie Mondays 11-12 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Specialist Training 2-4:30</p>	<p>¹³ Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Estamos Unidos 11-12 Chi Kung 1-2</p>	<p>¹⁴ Daily Meditation 9:45-10 Healing Hearts 10-11 <u>DOLLAR STORE 11-12</u> Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2–2:30 Peer Training: Capstones 1-5</p>	<p>¹⁵ Daily Meditation 9:45-10 Family Matters 10-11 Substance Use Recovery 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 APS Support 11-12 Hopes and Dreams 1-2 Intro to Computers 2-3 Disc. The Community 3:30-6:30 Exp Extreme Experiences 6-7</p>	<p>¹⁶ 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</p>	<p>¹⁷ <i>Picturing Love: Photography's Pursuit of Intimacy</i> Katonah Museum of Art Leaves at 12:00p Donald, Judy</p>
<p>¹⁸ MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>¹⁹ Daily Meditation 9:45-10 Policy Meeting 10-10:30 <u>Speaker: Dwayne Mayes 10:30-11:30</u> Movie Mondays 11-12 Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Training: Capstones 1-5</p>	<p>²⁰ Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Participant Advisory Board 10:30-12 Reaching Solutions 11-12 Chi Kung 1-2</p>	<p>²¹ <u>CENTER CLOSED</u> <u>GET ON YOUR MAT FOR MENTAL HEALTH</u> Turnure Park, 26 Lake St, White Plains, NY 5:30pm</p>	<p>²² Daily Meditation 9:45-10 Family Matters 10-11 Substance Use Recovery 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 APS Support 11-12 Hopes and Dreams 1-2 Intro to Computers 2-3 Open Mic Group 5-6 Exp Extreme Experiences 6-7</p>	<p>²³ 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</p>	<p>²⁴ Chinese Super Buffet K-Mart Plaza Leaves at 12:00p Donald, Lou</p>
<p>²⁵ Muscoot Farms Farmers Market Leaves at 11:00p Donald, Eboni</p>	<p>²⁶ 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 Support 2-3:30</p>	<p>²⁷ Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Art Workshop 10-11:30 Estamos Unidos 11-12 Chi Kung 1-2</p>	<p>²⁸ Daily Meditation 9:45-10 Healing Hearts 10-11 Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30</p>	<p>²⁹ Daily Meditation 9:45-10 Family Matters 10-11 Substance Use Recovery 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 APS Support 11-12 Hopes and Dreams 1-2 Intro to Computers 2-3 Disc. the Community 3:30-6:30 Exp Extreme Experiences 6-7</p>	<p>³⁰ 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</p>	