


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<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 -5:00P</p>		<p>1 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>MICHAELS 11-12</u> Peer Support 12-1 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30 <u>WP Open Mic 6:30</u></p>	<p>2 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 Disc. The Community 3:30-6:30 Exp Extreme Experiences 6-7</p>	<p>3 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>4 <i>NEUBURGER MUSEUM Purchase</i> Leaves at 12:00p Donald, Lou</p>
<p>5 <i>M&M PERFORMING ARTS THEATER Harrison Public Library Leaves at 1:30 TBA, Donald</i> DAY LIGHT SAVINGS</p>	<p>6 Daily Meditation 9:45-10 Policy Meeting 10-11 Movie Mondays 11-12 <u>LIBRARY VISIT 11-12</u> Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Training Class 2-4:30</p>	<p>7 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 PHOTOGRAPHY 10:30-12 Participant Advisory Board 10:30-12 Be Here NOW 11-12 Estamos Unidos 11-12 Chi Kung 1-2 PASS PLANS-Webinar 1-2:30 <u>ELECTION DAY</u></p>	<p>8 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>DOLLAR STORE 11-12</u> Peer Support 12-1 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30</p>	<p>9 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</p>	<p>10 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>11 <i>SALS/HARBOR ISLAND</i> Leaves at 12:00p Donald, Tanya</p>
<p>12 MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>13 Daily Meditation 9:45-10 Policy Meeting 10-11 Movie Mondays 11-12 <u>LIBRARY VISIT 11-12</u> Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2:00-2:30 Peer Training Class 2-4:30</p>	<p>14 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 PHOTOGRAPHY 10:30-12 Be Here NOW 11-12 Chi Kung 1-2</p>	<p>15 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>TRADER JOES 11-12</u> Peer Support 12-1 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30</p>	<p>16 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 Disc. the Community 3:30-6:30 Exp Extreme Experiences 6-7</p>	<p>17 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>18 <i>A CAPELLA FESTIVAL Mamaroneck High School</i> Leaves at 1:30p Donald, Lou</p>
<p>19 <i>SUNDAY AFTERNNON JAZZ TRIO Ossining Public Library Leaves at 1:30p Donald, Eboni</i></p>	<p>20 Daily Meditation 9:45-10 Policy Meeting 10-11 PHOTOGRAPHY 10:30-12 Movie Mondays 11-12 <u>LIBRARY VISIT 11-12</u> Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30</p>	<p>21 Daily Meditation 9:45-10 <u>GUEST SPEAKER: MICHAEL WEITZMAN 10:00-11:00</u> Be Here NOW 11-12 Estamos Unidos 11-12 <u>THANKSGIVING DINNER 12:30</u></p>	<p>22 Daily Meditation 9:45-10 Healing Hearts 10-11 Participant Advisory Board 10:30-12 <u>CHRISTMAS TREE 11-12</u> Peer Support 12-1 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 <u>CENTER CLOSES 2:30</u> <u>TRANSPORTATION LEAVES at 1:00p</u></p>	<p>23 <u>CENTER CLOSED</u> HAPPY  THANKSGIVING</p>	<p>24 <u>CENTER CLOSED</u> </p>	<p>25 <i>PALLISADES MALL</i> Leaves at 12:00p Donald, Tanya</p>
<p>26 MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>27 Daily Meditation 9:45-10 Birthdays/Recognition @ Policy Meeting 10-11 Movie Mondays 11-12 <u>LIBRARY VISIT 11-12</u> Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2-2:30 Peer Training Class 2-4</p>	<p>28 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 PHOTOGRAPHY 10:30-12 Be Here NOW 11-12 Chi Kung 1-2</p>	<p>29 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>5 BELOW 11-12</u> Peer Support 12-1 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30</p>	<p>30 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 <u>CENTER CLOSES AT 4:00p</u></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>