


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sat. & Sun. Socials are from 12:00-3:00pm (unless noted otherwise)</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>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>1 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>CENTER CLOSING AT @ 2:30</u></p> <p>TRANSPORTATION Leaves at 1:00p</p>	<p>2 GRAND MARKET FESTIVAL <i>New Rochelle</i></p> <p>Leaves at 10:30p Donald, Tanya</p>
<p>3 MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>4 HAPPY LABOR DAY! <u>CENTER CLOSED</u></p>	<p>5 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Be Here NOW 11-12 Estamos Unidos 11-12 Chi Kung 1-2</p>	<p>6 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>DOLLAR STORE 11-12</u> Peer Support 1-2 Afternoon Meditation 2-2:30 <u>WP Open Mic 6:30</u></p>	<p>7 Daily Meditation 9:45-10 Family Matters 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 Hopes and Dreams 1-1:30 Disc. The Community 5:30-7:30 VISIONS 2017 “ART ODYSSEY” Exp Extreme Experiences 6-7</p>	<p>8 Daily Meditation 9:45-10 Yoga 10-11 8 Dimensions 11-12 Our Realities 12:15-1 Music Appreciation 1-2</p>	<p>9 FACES Of CUBA MEET THE ARTIST</p> <p>Harrison Public Library</p> <p>Leaves at 1:30p Donald, Lou</p>
<p>10 NYACK STREET FESTIVAL</p> <p>Leaves at 12:00p Ebony, Donald</p>	<p>11 Daily Meditation 9:45-10 Policy Meeting 10-11 <u>SPEAKER: Charlotte Ostman</u> <u>(New CEO of MHA) 11:00-12:00</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>12 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Participant Advisory Board 10:30-12 Be Here NOW 11-12 Chi Kung 1-2</p>	<p>13 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>TRADER JOES 11-12</u> Peer Support 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30</p>	<p>14 Daily Meditation 9:45-10 Family Matters 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 Peer Academy Support 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>15 Daily Meditation 9:45-10 Yoga 10-11 NO 8 DIMENSIONS TODAY Our Realities 12:15-1 Music Appreciation 1-2</p>	<p>16 MOUNT VERNON CITY FESTIVAL <i>Art, Music, Food, Fun</i></p> <p>Leaves at 1:30p Donald, Tanya</p>
<p>17 MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>18 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</p>	<p>19 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 <u>TOWN HALL MEETING</u> <u>10:30-12:00</u></p> <p>Chi Kung 1-2</p>	<p>20 Daily Meditation 9:45-10 Healing Hearts 10-11 <u>DOLLAR STORE 11-12</u> Peer Support 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30 BEAR MOUNTAIN MOUNTAIN TOP PICNIC 11:00a to 2:30p</p>	<p>21 Daily Meditation 9:45-10 Sexual Health 11-12 Befriending Self –Yoga 11-12 Peer Academy Support 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>22 Daily Meditation 9:45-10 Yoga 10-11 8 Dimensions 11-12 Our Realities 12:15-1 Music Appreciation 1-2</p>	<p>23 CHINESE BUFFET K/MART <i>Greenburgh</i></p> <p>Leaves at 12:00p Donald, Lou</p>
<p>24 OCTOBER FEST BEAR MOUNTAIN</p> <p>Leaves at 12:00p Donald, Ebony</p>	<p>25 Daily Meditation 9:45-10 Birthdays/Recognition @ Policy Meeting 10-10:30 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>26 Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Be Here NOW 11-12 Chi Kung 1-2</p>	<p>27 Daily Meditation 9:45-10 Healing Hearts 10-11 Participant Advisory Board 10:30-12 <u>CVS 11-12</u> Peer Support 1-2 Afternoon Meditation 2-2:30 Peer Training Class 2-4:30</p>	<p>28 Daily Meditation 9:45-10 Family Matters 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 Peer Academy Support 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>29 Daily Meditation 9:45-10 Yoga 10-11 8 Dimensions 11-12 Our Realities 12:15-1 Music Appreciation 1-2</p>	<p>30 OUTHOUSE ORCHARDS APPLE PICKING</p> <p>Leaves at 12:00p Donald, Tanya</p>