



Sterling Community Center

JULY 2017

29 Sterling Ave., White Plains 10606

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>RYE's DOWN to EARTH FARMERS MARKET</p> <p>Leaves at 11:00p Donald, Eboni</p>	<p>3</p> <p>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 Afternoon Meditation 2:00-2:30</p> <p><u>CENTER CLOSSES at 2:30p</u> <u>TRANSPORTATION AT 1:00</u></p>	<p>4</p> 	<p>5</p> <p>Daily Meditation 9:45-10 Healing Hearts 10-11 Participant Advisory Board 10:30-12 <u>SHOP RITE 11-12</u> Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30 <u>WP Open Mic 6:30</u></p>	<p>6</p> <p>Daily Meditation 9:45-10 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>7</p> <p>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>1</p> <p>Botanical Gardens Bronx Leaves at 9:00p Donald, Eboni</p> <hr/> <p>8</p> <p>City Island Bronx Leaves at 11:00p Donald, Lou</p>
<p>9</p> <p>MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>10</p> <p>Daily Meditation 9:45-10 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 Training Support 2-3:15</p>	<p>11</p> <p>Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Be Here NOW 11-12 Art Workshop 10-11:30 Estamos Unidos 11-12 Chi Kung 1-2</p>	<p>12</p> <p>Daily Meditation 9:45-10 Healing Hearts 10-11 <u>DOLLAR STORE 11-12</u></p> <p><u>Midsummer BBO 12-2</u></p> <p>Afternoon Meditation 2-2:30</p>	<p>13</p> <p>Daily Meditation 9:45-10 Substance Use Recovery 10-11 Sexual Health 11-12 Befriending Self –Yoga 11-12 APS Support 11-12 Hopes and Dreams 1-2 Disc. The Community 3:30-6:30 Exp Extreme Experiences 6-7</p>	<p>14</p> <p>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>15</p> <p>Viva La France Bastille Day Celebration New Rochelle</p> <p>Leaves at 11:30p Donald, Lou</p>
<p>16</p> <p>HISPANIC HERITAGE Celebration Kensico Dam</p> <p>Leaves at 12:00p Donald, Eboni</p>	<p>17</p> <p>Daily Meditation 9:45-10 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 Training Support 2-3:15</p>	<p>18</p> <p>Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Be Here NOW 11-12 Art Workshop 10-11:30 Participant Advisory Board 10:30-12 Reaching Solutions 11-12 Chi Kung 1-2</p>	<p>19</p> <p>Daily Meditation 9:45-10 Healing Hearts 10-11 <u>SHOP RITE 11-12</u> Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30</p>	<p>20</p> <p>Daily Meditation 9:45-10 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>21</p> <p>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>22</p> <p>Peekskill Farmers Market</p> <p>Leaves at 11:00p Donald, Judy</p>
<p>23</p> <p>MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>24</p> <p>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 2-3:15</p>	<p>25</p> <p>Daily Meditation 9:45-10 Spirituality & Recovery 10-11 Be Here NOW 11-12 Art Workshop 10-11:30 Estamos Unidos 11-12 Chi Kung 1-2</p>	<p>26</p> <p>Daily Meditation 9:45-10 Healing Hearts 10-11 <u>DOLAR STORE 11-12</u> Peer Support 1-2 Relationship Toolbox 1-2 Afternoon Meditation 2-2:30</p>	<p>27</p> <p>Daily Meditation 9:45-10 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>28</p> <p>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>29</p> <p>Bear Mountain State Park</p> <p>Leaves at 10:00p Donald, Al</p>
<p>30</p> <p>MEET UP WITH FRIENDS IN THE COMMUNITY</p>	<p>31</p> <p>Daily Meditation 9:45-10 Birthdays/Recognition @ Policy Meeting 10-10:30 <u>SPEAKER: Adam Black – 10:30-11:30</u> Poetry with Alex 12:15-1 Hearing Voices Group 1-1:45 Afternoon Meditation 2-2:30 Peer Training Support 2-3:15</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 -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>Summer Hours</p> <p>SCC Closes at 2:30 on Fridays</p>	