

# The Jenkins Center



# for Hope and Recovery

Hours of Operation: Tuesday-Friday 9am - 6pm and Saturday 12-4pm

## February 2017

| Sunday                     | Monday                              | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday                          |
|----------------------------|-------------------------------------|---|--|--|--|-----------------------------------|
|                            |                                     |   | <b>1 Noon</b> Music Group<br><b>Noon</b> Wellness Recovery Action Plan<br><b>1:00</b> Quilting<br><b>3:00</b> D and D<br><b>3:30</b> Arts and Crafts<br><b>5:00</b> Dinner                               | <b>2 9:45</b> Belly Dancing<br><b>11:00</b> Basic machine sewing<br><b>2:00</b> Women's Social Group   | <b>3 11:00</b> LGBTQ support<br><b>Noon</b> Meditation<br><b>1:00</b> Bingo<br><b>2:00</b> Fly with Thor<br><b>3-4:00</b> CMC<br><b>3:30</b> Young Adults<br><b>4:00</b> Advocacy Group  | <b>4 12:00</b> Bagels and Coffee  |
| <b>5 2:00-4:00</b><br>CMC  | 6<br>CLOSED                         | <b>7 11:00</b> Writing Group<br><b>1:00</b> After Trauma Skills Group<br><b>1:30</b> Computer Skills<br><b>2:00</b> Movie<br><b>4:00</b> Origami                            | <b>8 Noon</b> Music Group<br><b>Noon</b> Wellness Recovery Action Plan<br><b>1:00</b> Quilting<br><b>3:00</b> D and D<br><b>3:30</b> Arts and Crafts<br><b>5:00</b> Dinner                               | <b>9 9:45</b> Belly Dancing<br><b>11:00</b> Basic machine sewing<br><b>2:00</b> Women's Social Group   | <b>10 11:00</b> LGBTQ support<br><b>Noon</b> Meditation<br><b>1:00</b> Bingo<br><b>2:00</b> Fly with Thor<br><b>3:30</b> Young Adults<br><b>4:00</b> Advocacy Group                      | <b>11 12:00</b> Bagels and Coffee |
| <b>12 2:00-4:00</b><br>CMC | 13<br>CLOSED                        | <b>14 Valentine's Day</b><br><b>11:00</b> Writing Group<br><b>1:00</b> After Trauma Skills Group<br><b>1:30</b> Computer Skills<br><b>2:00</b> Movie<br><b>4:00</b> Origami | <b>15 Noon</b> Music Group<br><b>Noon</b> Wellness Recovery Action Plan<br><b>1:00</b> Quilting<br><b>3:00</b> D and D<br><b>3:30</b> Arts and Crafts<br><b>4:00</b> Members' Mtg.<br><b>5:00</b> Dinner | <b>16 9:45</b> Belly Dancing<br><b>11:00</b> Basic machine sewing<br><b>2:00</b> Women's Social Group<br><b>3:00</b> Members' Birthday Gathering | <b>17 11:00</b> LGBTQ support<br><b>Noon</b> Meditation<br><b>1:00</b> Bingo<br><b>2:00</b> Fly with Thor<br><b>3:30</b> Young Adults<br><b>4:00</b> Advocacy Group                      | <b>18 12:00</b> Bagels and Coffee |
| <b>19 2:00-4:00</b><br>CMC | <b>20 Presidents' Day</b><br>CLOSED | <b>21 11:00</b> Writing Group<br><b>1:00</b> After Trauma Skills Group<br><b>1:30</b> Computer Skills<br><b>2:00</b> Movie<br><b>4:00</b> Origami                           | <b>22 Noon</b> Music Group<br><b>Noon</b> Wellness Recovery Action Plan<br><b>1:00</b> Quilting<br><b>3:00</b> D and D<br><b>3:30</b> Arts and Crafts<br><b>5:00</b> Pizza Dinner                        | <b>23 9:45</b> Belly Dancing<br><b>11:00</b> Basic machine sewing<br><b>2:00</b> Women's Social Group  | <b>24 11:00</b> LGBTQ support<br><b>Noon</b> Meditation<br><b>1:00</b> Bingo<br><b>2:00</b> Fly with Thor<br><b>3-4:00</b> CMC<br><b>3:30</b> Young Adults<br><b>4:00</b> Advocacy Group | <b>25 12:00</b> Bagels and Coffee |
| <b>26 2:00-4:00</b><br>CMC | 27<br>CLOSED                        | <b>28 11:00</b> Writing Group<br><b>1:00</b> After Trauma Skills Group<br><b>1:30</b> Computer Skills<br><b>2:00</b> Movie<br><b>4:00</b> Origami                           |  |  |  |                                   |

## **Weekly Groups**

### **Advocacy Group**

Share and discuss personal issues and situations occurring in your life.

### **After Trauma Group**

Participants work through developing skills to lessen the effects of trauma and improve quality of life.

### **Arts and Crafts**

Our Cornell friends will lead a different craft-making session each week. Join us!

### **Basic Machine Sewing**

Learn the tools and craft of sewing on a machine. Materials and machine provided.

### **Belly Dancing**

Learn basic moves of an ancient dance.

### **Computer Skills**

Pete, an employment specialist from Challenge, will work with individuals to learn basic computer literacy skills and will focus on skills that are important for finding and securing employment.

### **CMC**

An outreach project at Cayuga Medical Center involving Jenkins Center Staff.

### **Dungeons and Dragons**

This interactive group is very popular with members.

### **Fly w/Thor**

Did you ever want to fly? Come try flight simulation with Thor. When the weather cooperates we will head outside and fly some model planes!

### **LGBTQ Support Group**

Facilitated discussion group is held in a safe, comfortable environment.

### **Meditation Group**

Need relaxation techniques? Join us for a basic meditation session.

### **Members' Meeting**

Held on the third Wednesday of each month, interested members meet to discuss Jenkins Center matters.

### **Movie Matinee**

Members select a movie to be shown on Monday afternoons. Popcorn served!

### **Music Group**

Enjoy music? Have an instrument? Join us for an hour of jamming. Or, just come to listen!

### **Origami**

Thor will provide origami paper and basic instruction.

### **Quilting**

Join Erica as she demonstrates as well as explains the historical aspects of the art of quilting.

### **Wellness Recovery Action Plan (WRAP)**

Peer facilitated group to help participants work toward recovery.

### **Women's Social Group**

Grab a cup of coffee, put your feet up and share stories. Make new friends! It is a great way to stay engaged and support our personal recovery.

### **Writing Group**

This group uses various creative exercises to inspire writing. All writing abilities welcome!

### **Young Adults Group**

A place for young adults (ages 18-28) to gather, make friends, work on skills, and discuss transitioning into the world as an adult while maintaining mental wellness.

**Jenkins Center - 301 S. Geneva St., Suite 110 - Ithaca, NY 14850 607- 277-7337**

**\*\* A free dinner is served each Wednesday evening at 5:00 \*\***