

# The Jenkins Center



# for Hope and Recovery

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

## May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed	2 <b>11:00</b> Writing Group <b>Noon</b> Astrology <b>2:00</b> Film Appreciation <b>3:00</b> Addiction Group <b>4:00</b> Draw/Sketch	3 <b>11:00</b> WRAP <b>Noon</b> - Music Group <b>2:00</b> Coloring <b>3:00</b> D and D <b>3:30</b> Arts and Crafts <b>5:00</b> Dinner	4 <b>9:45</b> Belly Dancing <b>11:00</b> Basic machine sewing <b>12</b> Trading Card Games <b>12</b> Estrangement Support <b>1:00</b> The Men's Rm <b>2:00</b> Women's Social Group	5 <b>11:00</b> LBGTQ <b>Noon</b> Memoir Writing <b>1:00</b> - Meditation <b>2:00</b> Wii <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>4:00</b> Advocacy Group	6 <b>12:00</b> Bagels and Coffee  <b>Annual Family Carnival noon-4 All are welcome!</b>
7 Closed	8 Closed	9 <b>11:00</b> Writing Group <b>Noon</b> Astrology <b>2:00</b> Film Appreciation <b>3:00</b> Addiction Group <b>4:00</b> Draw/Sketch	10 <b>11:00</b> WRAP <b>Noon</b> - Music Group <b>2:00</b> Coloring <b>3:00</b> D and D <b>3:30</b> Arts and Crafts <b>5:00</b> Dinner	11 <b>9:45</b> Belly Dancing <b>11:00</b> Basic machine sewing <b>12</b> Trading Card Games <b>12</b> Estrangement Support <b>1:00</b> The Men's Rm <b>2:00</b> Women's Social Group	12 <b>11:00</b> LBGTQ <b>Noon</b> Memoir Writing <b>1:00</b> - Meditation <b>2:00</b> Wii <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>4:00</b> Advocacy Group	13 <b>12:00</b> Bagels and Coffee
14 Closed	15 Closed	16 <b>11:00</b> Writing Group <b>Noon</b> Astrology <b>2:00</b> Film Appreciation <b>3:00</b> Addiction Group <b>4:00</b> Draw/Sketch	17 <b>11:00</b> WRAP <b>Noon</b> -Music Group <b>2:00</b> Coloring <b>3:00</b> D and D <b>3:30</b> Arts and Crafts <b>4:00</b> Members' mtg. <b>5:00</b> Dinner	18 <b>9:45</b> BellyDancing <b>11:00</b> Basic machine sewing <b>12</b> Trading Card Games <b>12</b> Estrangement Support <b>1:00</b> The Men's Rm <b>2:00</b> Women's Social Group <b>3:30</b> Members' Bday Gathering	19 <b>11:00</b> LBGTQ <b>Noon</b> Memoir Writing <b>1:00</b> - Meditation <b>2:00</b> Wii <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>4:00</b> Advocacy Group	20 <b>12:00</b> Bagels and Coffee
21 Closed	22 Closed	23 <b>11:00</b> Writing Group <b>Noon</b> Astrology <b>2:00</b> Film Appreciation <b>3:00</b> Addiction Group <b>4:00</b> Draw/Sketch	24 <b>11:00</b> WRAP <b>Noon</b> - Music Group <b>2:00</b> Coloring <b>3:00</b> D and D (canceled) <b>3:30</b> Arts and Crafts <b>5:00</b> Dinner	25 <b>9:45</b> Belly Dancing <b>11:00</b> Basic machine sewing <b>12</b> Trading Card Games <b>12</b> Estrangement Support <b>1:00</b> The Men's Rm <b>2:00</b> Women's Social Group	26 <b>11:00</b> LBGTQ <b>Noon</b> Memoir Writing <b>1:00</b> - Meditation <b>2:00</b> Wii <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>4:00</b> Advocacy Group	27 <b>12:00</b> Bagels and Coffee

28 <b>Closed</b>	29 <b>Closed</b>  <b>Memorial Day</b>	30 <b>11:00</b> Writing Group <b>Noon</b> Astrology <b>2:00</b> Film Appreciation <b>3:00</b> Addiction Group <b>4:00</b> Draw/Sketch	31 <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>2:00</b> Coloring <b>3:00</b> D and D <b>3:30</b> Arts and Crafts <b>5:00</b> <b>Pizza</b> Dinner			
---------------------	--	---	---	--	--	--

## Weekly Groups

### **Addiction Group**

A facilitated discussion group for all addictions. Sharing is optional.

### **Advocacy Group**

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

### **Astrology for Self-Awareness**

Learn the language of the cosmos to better understand both yourself and the world. Feel free to bring your birth date, time, and place if you wish.

### **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.

### **Coloring**

Join Meghan for an hour of coloring and conversation.

### **Draw/Sketch**

Join Thor in walking through the local neighborhoods and drawing/sketching local landscapes, architecture, still life.

### **Dungeons and Dragons (D and D)**

This interactive group is very popular with members.

### **Estrangement Support Group**

A discussion based group supporting those cut off from friends and family.

### **Film Appreciation: From Script to Screen**

Join us for viewings and discussions of classic cinema.

### **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.

### **Memoir Writing: Tell your story**

Participants are invited to write about their personal experiences using prompts. Sharing is optional.

### **Music Group**

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

### **The Men's Room**

Socialize and discuss such things as basic auto repair and maintenance, the great outdoors, dating in the new millennium. A new topic each week.

### **Trading Card Games**

Learn to play trading card games such as Pokemon. All are welcome, no experience necessary. Materials provided.

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

Peer facilitated group to help participants work toward recovery.

**Wii**

Join Alex in some interactive Wii game play. Challenge yourself!

**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.

**\*\* A free dinner is served each Wednesday evening at 5:00 \*\***  
**607-277-7337**