

# The Jenkins Center



# for Hope and Recovery

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

607-277-7337

## November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>10</b> Shannalee's Group 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Writing Mysteries 5:00 Dinner	2 12:00 Board and Card Games Group 5:30 Depression Group	43 <b>10:00</b> Yoga 11:00 LBGTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:00 Mightier than the Sword 3:30 Young Adults 4:00 Advocacy Group	4 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness
5 <b>Closed</b>	6 <b>Closed</b>	7 1-3 D and D 4:00 Draw/Sketch  <b>Election Day</b>	8 <b>10</b> Shannalee's Group 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Writing Mysteries 5:00 Dinner	9 12:00 Board and Card Games Group 5:30 Depression Group	10 <b>10:00</b> Yoga 11:00 LBGTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:00 Mightier than the Sword 3:30 Young Adults 4:00 Advocacy Group	11 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness  <b>Veterans Day</b>
12 <b>Closed</b>	13  <b>Open 1:30-3:30</b> Join us for the <b>ANNUAL THANKSGIVING MEAL</b>	14 1-3 D and D 4:00 Draw/Sketch	15 <b>10</b> Shannalee's Group 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Members' mtg. 4:00 Writing Mysteries 5:00 Dinner	16 12:00 Board and Card Games Group 3:30 Members' Bday Gathering 5:30 Depression Group	17 <b>10:00</b> Yoga 11:00 LBGTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:00 Mightier than the Sword 3:30 Young Adults 4:00 Advocacy Group	18 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness
19 <b>Closed</b>	20 <b>Closed</b>	21 1-3 D and D 4:00 Draw/Sketch	22 <b>10</b> Shannalee's Group 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Writing Mysteries 5:00 Dinner	23 <b>Thanksgiving Day</b>  -closed-	24 <b>10:00</b> Yoga 11:00 LBGTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:00 Mightier than the Sword 3:30 Young Adults 4:00 Advocacy Group	25 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness
26 <b>Closed</b>	27 <b>Closed</b>	28 1-3 D and D 4:00 Draw/Sketch	29 <b>10</b> Shannalee's Group 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Writing Mysteries 5:00 <b>Pizza</b> Dinner	30 12:00 Board and Card Games Group 5:30 Depression Group		

## **Weekly Groups**

### **Advocacy Group**

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

### **Board and Card Games Group**

Join us for a couple hours of game playing.... board games, card games, etc.

### **Career Readiness**

Need help getting a job? Stop by for help with your resume, applications, job search, or general career exploration.

### **Depression Group**

This one hour group supports anyone encountering depression or signs of depression.

### **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.

### **EA Group (Emotions Anonymous Group)**

A nationally recognized organization, this group helps support maintaining the balance of emotional health.

### **Fly w/Thor**

Did you ever want to fly? Come try flight simulation. 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.

### **Mightier than the Sword**

Just this writing group and improve your skills in fictional writing.

### **Music Group**

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

### **Shannalee's Group**

A potpourri of different activities... career skills, dance, Idol game, discussions. Stop in to see what is going on that day!

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

Peer facilitated group to help participants work toward recovery.

### **Wii**

Join us 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 Mysteries**

Have you ever wanted to write a mystery? Join us to get your novel started!

### **Yoga**

Come to relax and meditate and have a basic lesson in this art form.

### **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 at 5:00 \*\***  
**607-277-7337**