

The Jenkins Center



for Hope and Recovery

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

607-277-7337

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Yoga 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00 Mightier than the Sword 3:30 Young Adults 4:00 Advocacy Group	2 12:00 Bagels and Coffee 12:30 EA Group 12-4 Community Outing
3 Closed	4 Closed	5 11 Current Events 1-3 D and D 4:00 Draw/Sketch	6 10 Shannalee's Group 11:00 WRAP Noon- Music Group 3:00 Women's Group 5:00 Dinner	7 5:30 Depression Group	8 10:00 Yoga 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00 Mightier than the Sword 3:30 Young Adults 4:00 Advocacy Group	9 12:00 Bagels and Coffee 12:30 EA Group 12-4 Community Outing
10 Closed	11 Closed	12 11 Current Events 1-3 D and D 4:00 Draw/Sketch	13 11:00 WRAP Noon-Music Group 3:00 Women's Group 5:00 Dinner	14 5:30 Depression Group	15 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	16 12:00 Bagels and Coffee 12:30 EA Group
17 Closed	18 Closed	19 10 BINGO w Unity House 11 Current Events 1-3 D and D 4:00 Draw/Sketch	20 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Members' mtg. 5:00 Dinner	21 3:30 Members' Bday Gathering 5:30 Depression Group	22 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	23 12:00 Bagels and Coffee 12:30 EA Group
24 Closed 31 Closed	25 CHRISTMAS DAY Closed	26 11 Current Events 1-3 D and D 4:00 Draw/Sketch	27 11:00 WRAP Noon- Music Group 3:00 Women's Group 5:00 Pizza Dinner	28 5:30 Depression Group	29 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	30 12:00 Bagels and Coffee 12:30 EA Group

Weekly Groups

Advocacy Group

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

BINGO w Unity House

Join us for a monthly BINGO session with our Unity House friends. Prizes and lights snacks... we meet the 3rd Tuesday of every month.

Community Outing

Several times a month groups will attend free community events happening on Saturdays.

Current Events

Join us for discussions of current topics in the news and on social media.

Depression Group

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

Draw/Sketch

Walk through the local neighborhoods and draw/sketch local landscapes, architecture, and still life.

Dungeons and Dragons (D and D)

This interactive group is very popular with members.

EA Group (Emotions Anonymous Group)

This group helps support maintaining the balance of emotional health.

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.

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 come to listen!

Shannalee's Group

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

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.

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 ****