

The Jenkins Center



for Hope and Recovery

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

607-277-7337

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
2 Closed	3 Closed	4 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1-2 Jewelry Making 3:00 Self Reflection 4:00 Draw/Sketch	5 11:00 WRAP Noon- Music Group 1:30-2:30 Art Journaling 2:30-3:30 Crossword, Coloring, and Conversation	6 Noon-1 LUNCH 1:00 Self Care 3:30 Chess Group 4-5 Women's Group 5:30 Depression Group	7 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00-4:30 Young Adults 3:30-5 Arts and Crafts 4:00 Advocacy Group	8 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
9 Closed	10 Closed	11 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1-2 Jewelry Making 3:00 Self Reflection 4:00 Draw/Sketch	12 11:00 WRAP Noon-Music Group 1:30-2:30 Art Journaling	13 Noon-1 LUNCH 1:00 Self Care Discussion 3:30 Chess Group 4-5 Women's Group 5:30 Depression Group	14 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00-4:30 Young Adults 4:00 Advocacy Group	15 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
16 Closed	17 Closed	18 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1-2 Jewelry Making 3:00 Self Reflection 4:00 Draw/Sketch	19 11:00 WRAP Noon- Music Group 1:30-2:30 Art Journaling 4:00 Members' mtg.	20 Noon-1 LUNCH 1:00 Self Care 3:30 Chess Group 3:30 Bday Gathering 4-5 Women's Group 5:30 Depression Group	21 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00-4:30 Young Adults 4:00 Advocacy Group	22 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
23 Closed	24 Closed	25 Christmas Day Closed	26 11:00 WRAP Noon- Music Group	27 Noon-1 LUNCH 1:00 Self Care 3:30 Chess Group 4-5 Women's Group 5:30 Depression Group	28 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00-4:30 Young Adults 4:00 Advocacy Group	29 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
30 Closed	31 New Year's Eve Closed					

WEEKLY GROUPS

Advocacy Group

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

Art Journaling

Join us for this unique expressive art group. Art journaling is like keeping a visual diary using any (or many) art mediums including collage, drawing, painting, and text, all with the purpose of expressing your emotions, self-reflection, and personal growth. Supplies are provided. (No group on 12/26)

Arts and Crafts

Our friends from Cornell lead this fun class with a different craft each week. Materials are provided. **Only one session this month!**

Basic Sewing

We will work on basic sewing skills with and without the sewing machine. From threading a needle and sewing on a button, to basic sewing machine instructions. Feel free to bring an item needing repair. One-to-one instruction can be arranged.

Cards/Board Games

Join our Unity House friends every Tuesday for card playing and board games. Get your morning started!

Chess Group

Join in with a game or two of chess... any level; beginner (we'll teach you!) to master!

Crossword, Coloring, and Conversation

Join us for a variety of quiet table activities. We'll play music in the background and enjoy conversations too! **Only one session this month!**

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.

EA Group (Emotions Anonymous Group)

This group helps support maintaining the balance of emotional health.

Fly w/Thor

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

Jewelry Making

Need holiday gift ideas? Join us for a few days in December when we bring out the beads and create wearable art.

LGBTQ Support Group

This 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.

Music Group

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

Self Care Discussion

We will discuss self care practices that help us with our general well being, internal balance, and gradual, positive personal growth. Join our discussion.

Self Reflection

Using a framework from Character Strengths and Virtues by Peterson and Seligman, we will reflect and discuss our own strengths and virtues.

Wellness Recovery Action Plan (WRAP)

A peer facilitated group to help participants work toward mental health recovery.

Women's Group

Join us for talk and conversation about current issues surrounding our active lives.

Young Adults Group

A place for young adults (ages 18-30) to gather, make friends, work on skills, and discuss transitioning into the world as an adult while maintaining mental wellness.

A free hot lunch is served at noon every Thursday throughout the winter.