

The Jenkins Center



for Hope and Recovery

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

607-277-7337

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	2 12:00 Fruit, Bagels, and Coffee 1:00 Music
3 Closed	4 Closed	5 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1:00 Jewelry Making 3:00 Self Reflection	6 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling 3:00 Guided Meditation/Seated Yoga	7 Noon LUNCH 2:00 Knit & Crochet 3:00 Women's Group 3:30 Chess Group 5:30 Depression Group	8 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	9 12:00 Fruit, Bagels, and Coffee 1:00 Music
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17 Closed	18 Closed	19 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1:00 Jewelry Making 2:00-4 WRAP Bingo	20 <i>First Day of Spring</i> 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling 3:00 Guided Meditation/Seated Yoga 4:00 Members' mtg.	21 Noon LUNCH 2:00 Knit & Crochet 3:00 Women's Group 3:30 Chess Group 3:30 Bday Gathering 5:30 Depression Group	22 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	23 12:00 Fruit, Bagels, and Coffee 1:00 Music
24 Closed 31 Closed	25 Closed	26 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1:00 Jewelry Making 3:00 Self Reflection	27 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling 3:00 Guided Meditation/Seated Yoga	28 Noon LUNCH 2:00 Knit & Crochet 3:00 Women's Group 3:30 Chess Group 5:30 Depression Group	29 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	30 12:00 Fruit, Bagels, and Coffee 1:00 Music

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.

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.

Birthday Gathering

Cake and ice cream will be served for this once a month birthday event.

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!

Depression Group

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

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!

Guided Meditation/Seated Yoga

Everyone needs mental and physical quiet time. This group will focus on both meditation and seated yoga movements.

Jewelry Making

Join us to show off your creative side... everyone has one! We'll bring out the beads and create wearable art.

Knit/Crochet

Do you knit or crochet? Let's hang out as a group...join us each week and bring whatever you're working on!

Learn ASL

Join us to learn basic American Sign Language. This group is coming to us from our friends at Unity House!

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 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.

WRAP Bingo

Join us for Bingo every Tuesday following a holiday when we use wellness Recovery Action Plan lingo as the basis for the game.

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 lunch is served at noon every Thursday. ***