

The Jenkins Center



for Hope and Recovery

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

607-277-7337

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling	2 Noon LUNCH 2:00 Knit & Crochet 5:30 Depression Group	3 1:00- Week in Review 2:00 Fly with Thor 3:30 Cornell Arts/Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	4 12:00 Fruit, Bagels, and Coffee 1:00 Music
5 Closed	6 Closed	7 1:00 Jewelry Making 3:00 Self Reflection	8 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling	9 Noon LUNCH 2:00 Knit & Crochet 5:30 Depression Group	10 1:00- Week in Review 2:00 Fly with Thor 3:30 Cornell Arts/Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	11 12:00 Fruit, Bagels, and Coffee 1:00 Music
12 Closed	13 Closed	14 1:00 Jewelry Making 3:00 Self Reflection	15 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling 4:00 Members' mtg.	16 Noon LUNCH 2:00 Knit & Crochet 3:30 Bday Gathering 5:30 Depression Group	17 1:00- Week in Review 2:00 Fly with Thor 3:30 Cornell Arts/Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	18 12:00 Fruit, Bagels, and Coffee 1:00 Music
19 Closed	20 Closed	21 1:00 Jewelry Making 3:00 Self Reflection	22 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling	23 Noon LUNCH 2:00 Knit & Crochet 5:30 Depression Group	24 1:00- Week in Review 2:00 Fly with Thor 3:30 Cornell Arts/Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	25 12:00 Fruit, Bagels, and Coffee 1:00 Music
26 Closed	27 Closed Memorial Day	28 1:00 Jewelry Making 2:00-4 WRAP Bingo	29 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling	30 Noon LUNCH 2:00 Knit & Crochet 5:30 Depression Group	31 1:00- Week in Review 2:00 Fly with Thor 3:30 Cornell Arts/Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	

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.

Birthday Gathering

Cake and ice cream will be served on the 3rd Thursday @ 3:30 for this monthly birthday event.

Cornell Arts/Crafts

Our friends from Cornell lead this fun class with a different craft each week. Materials are provided!

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!

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!

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.

Week in Review

Let's meet and review what our week has been like... personal life, work life, socially, etc. Share stories, experiences, and know you are not alone.

Wellness Recovery Action Plan (WRAP)

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

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. ***