



# March 2023 - Weekly Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11AM–12PM Livingston County Treatment Court Alumni Mentor Group (<i>1st Sunday of each month</i>) In person or via Zoom. Meeting ID: 835 2301 0485 Passcode: 458843</p> <hr/> <p>2PM–4PM Open Mic Music Jam</p>	<p>12PM–7PM Open Gym</p> <hr/> <p>10AM–5PM Tarot Card Readings with Brandy by appointment only. Email bharrington@ casa-trinity.org</p> <hr/> <p>12–12:30PM Guided Meditation with Brandy</p> <hr/> <p>12PM – 1PM Veterans All Recovery Meeting. In person and over Zoom. Meeting ID: 894 3797 8799 Passcode: 415305</p> <hr/> <p>5PM–6:00pm ACA Meeting (Adult Children of Alcoholics and Dysfunctional Families) In Person and Zoom: Meeting ID: 503 685 8737 Passcode: 123123</p> <hr/> <p>6:15PM–8PM Y12SR (Yoga for 12 Step Recovery) with Monica at 24 Commercial Street, Livonia</p>	<p>12PM–6PM Open Gym</p> <hr/> <p>5:30PM–6:30PM Veterans All Recovery Meeting In person at Libertad in Elmira and at The Center in Dansville and on zoom: Meeting ID: 894 3797 8799 Passcode: 415305 Email Emily at esindoni@casa- trinity.org for details</p> <hr/> <p>6PM–7PM Dave's Beginner Bootcamp</p>	<p>12PM–7PM Open Gym</p> <hr/> <p>5:30PM–6:30PM Mindful Yoga. In person and over Zoom. Meeting ID: 821 3372 8509 Passcode: 880564</p> <hr/> <p>5:30PM–6:30PM Hornell Functional Fitness Class. New Hope Community Center, 282 Canisteo St., Hornell, NY</p> <hr/> <p>6:30PM–7:30PM Women's Recovery Meeting. In person and over Zoom. Meeting ID: 893 1908 8228 Passcode: 473777</p>	<p>12PM–6:00PM Open Gym</p> <hr/> <p>1PM–2:30PM Open Art Studio</p> <hr/> <p>4PM–5PM Kids Functional Fitness</p> <hr/> <p>6PM–7PM Dave's Beginner Bootcamp</p> <hr/> <p>6PM–7PM Yoga with Pam In person and zoom: Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>7PM–8PM AI–Anon Meeting In person and over Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12PM–7PM Open Gym</p> <hr/> <p>12PM–1PM Buy The Book AA Meeting. In person and over Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>12:30PM–1:30PM Book Club Email Billy at wyaeger@casa- trinity.org if interested. In person and Zoom: Meeting ID: 813 8118 5030 Passcode: 438742</p> <hr/> <p>1PM–7PM MARCH 17TH Saint Patrick Swayze Day Celebration with Corned Beef and Cabbage and Movies all day!</p>	<p><i>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</i></p> <hr/> <p><i>Personal training throughout the week by appt. only.</i></p> <hr/> <p><i>Email Sean at ssmith@casa- trinity.org to set up an in person or zoom session.</i></p> <hr/> <p><i>*All events on the schedule are at The Center unless an address or location is given under the event.</i></p>



## ADVENTURES IN RECOVERY

### MISSION:

Adventures In Recovery is a community of sober individuals dedicated to providing connection, peer support, and healthy fun outlets for those in recovery, their family members, and those in the community that choose to live sober. We seek to empower those in recovery to build their community, discover their inner strength, and find their recovery path.

### VISION:

To provide a safe, fun, and welcoming space for individuals in recovery to connect with peer supports through adventure, wellness and exciting sober events. A community built by peers for peers, their families, and those within the community that choose to live healthy sober lives. Camaraderie built through shared lived experience, positive connections, and fun sober events.

### REQUIREMENTS:

The only requirement to attend any AIR event is 48 hours of continuous sobriety. Friends, family members, and those within the community are welcome to attend.

WALK THROUGH FEAR

# March 2023- Weekend Events

Stay up to date on all of these events and more by visiting our Facebook page! @AIRAdventuresInRecovery  
The Center, 134 Main Street, Dansville, NY | Elmira Clinic, 911 Stowell Street, Elmira, NY 14901  
Olean Clinic, 201 S. Union Street, Olean, NY 14760

## 03/04 - BOARD GAMES AND PIZZA PARTY AT THE CENTER!!!

2pm at The Center (134 Main St Dansville NY). Come join us for a fun filled day of board games and pizza!! Email Brandy at bharrington@casa-trinity.org if you are interested in attending so we can get a head count for pizza.

## 03/11 - LETCHWORTH STATE PARK HIKE!!!

12pm Lowerfalls Parking area Letchworth State Park. We will hike for approximately 2-3 hours over varied terrain, please wear appropriate footwear and dress for the weather.

Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville.  
Email Emily esindoni@casa-trinity.org or call/text her at (607) 738-4966 if you are interested in carpooling from Elmira.

## 03/17 - SAINT PATRICK SWAYZE DAY CELEBRATION AT THE CENTER!!!!

1-7pm at The Center (134 Main St Dansville NY). Come on down to The Center for our 2nd Annual Saint Patrick Swayze Day Celebration!!! We'll have corned beef and cabbage and Swayze movies all day. So, join us for some good food, great movies, and even better company. If you do plan to attend, please message us on Facebook or email ssmith@casa-trinity.org so we can get a head count for food.

## 03/18 - FINGERLAKES TRAIL HIKE AT BOYCE HILL STATE FOREST!!!

12pm Parking is on 242 just past Philips Rd on the right as you are heading east on 242.  
We will hike for approximately 2-3 hours over varied terrain, please wear appropriate footwear and dress for the weather.  
Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville.  
Email Emily esindoni@casa-trinity.org or call/text her at (607) 738-4966 if you are interested in carpooling from Elmira.  
Email Mindy at mvail@casa-trinity.org if you are interested in carpooling from Olean.

## 03/25 - TANGLEWOOD HIKE!!!

12pm 443 Coleman Ave Elmira NY. We will hike over varied terrain for 2-3 hrs, please wear appropriate footwear and dress for the weather. Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville.  
Email Emily esindoni@casa-trinity.org or call/text her at (607) 738-4966 if you are interested in carpooling from Elmira.



# AIR March 2023 Hybrid Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>12PM–1PM Veterans All Recovery Meeting. In person and over Zoom. Meeting ID: 894 3797 8799 Passcode: 415305</p> <hr/> <p>5PM–6:00pm ACA Meeting (Adult Children of Alcoholics and Dysfunctional Families) In Person and Zoom: Meeting ID: 503 685 8737 Passcode: 123123</p>	<p>5:30PM–6:30PM Veterans All Recovery Meeting In person at Libertad in Elmira and at The Center in Dansville and on zoom: Meeting ID: 894 3797 8799 Passcode: 415305 Email Emily at esindoni@casa-trinity.org for details.</p>	<p>5:30PM–6:30PM Mindful Yoga. In person and over Zoom. Meeting ID: 821 3372 8509 Passcode: 880564</p> <hr/> <p>6:30PM–7:30PM Women's Recovery Meeting. In person and over Zoom. Meeting ID: 893 1908 8228 Passcode: 473777</p>	<p>6PM–7PM Yoga with Pam In person and zoom: Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>7PM–8PM AI–Anon Meeting In person and over Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12PM–1PM Buy The Book AA Meeting. In person and over Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>12:30PM–1:30PM Book Club Email Billy at wyaeger@casa-trinity.org if interested. In person and Zoom: Meeting ID: 813 8118 5030 Passcode: 438742</p>	<p><b>Saturday weekly outdoor events</b> <b>Check our FB page or attached event list for details, locations, and carpooling options.</b></p> <hr/> <p><b>Personal training throughout the week by appt. only.</b></p> <p><b>Email Sean at ssmith@casa-trinity.org to set up an in person or zoom session.</b></p>

*\*All events on the schedule are hybrid*

*(In person and zoom) and are hosted from The Center at 134 Main St in Dansville.*

*If you don't live near Dansville, NY, please feel free to join us on zoom with the meeting ID and passwords that are displayed under each meeting.*

