



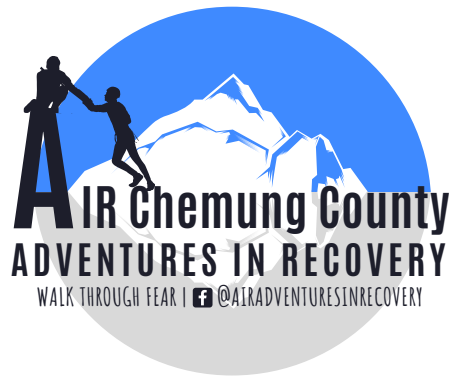
September 2023 - Weekly Calendar



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> <hr/> <p>7PM–8PM AI–Anon Meeting In person only. New Hope Church, 280 Grand Street, Hornell.</p>	<p>12PM–7PM Open Gym</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>12PM–5PM Tarot Card Readings with Brandy by appointment only. Email bharrington@ casa-trinity.org</p> <hr/> <p>5PM–6PM 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>5PM–6PM Creative Writing with Alyssa. In person and on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</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>6:30PM–7:30PM Zumba with Amber. September 6th at 45 Maple St in Dansville September 20th at the Dansville YMCA at 8 Ossian St.</p>	<p>12PM–6:00PM Open Gym</p> <hr/> <p>1PM–2:30PM Open Art Studio</p> <hr/> <p>6PM–7PM Dave's Beginner Bootcamp at Girl Scout Park, Washington St Dansville NY (At The Center if raining)</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.</p> <hr/> <p>6:30PM–8:30PM AIR Steuben Friday Night Hikes and AA Campfire Meeting Parking at the corner of Spencer Hill Rd and S Woods Rd in Burt Hill State Forest, Hornell, NY. Email Sean at ssmith@casa- trinity.org for details.</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>

AIR
Livingston
and Steuben
Only!





September 2023 - Chemung Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>6PM–7PM Men's All Recovery Meeting In person at The Elmira Clinic, 911 Stowell Street, Elmira, NY 14901 Zoom Meeting ID: 894 3322 0470 Passcode: recovery</p>	<p>7PM–8PM Womens All Recovery meeting. In person at LaFrance Community Room, 416 Powell St, Elmira, NY 14904. (Entrance is at the back of the building). Or on Zoom. Meeting ID: 859 6053 7900 Passcode: 553601</p>	<p>5PM–6PM YOUTH CLUBHOUSE Healthy Hustle Fitness Class at McKinnon Park East Thurston St, Elmira NY</p> <hr/> <p>6PM–7PM ADULTS Healthy Hustle Fitness Class at McKinnon Park East Thurston St, Elmira NY</p>		<p>9AM–1PM Friday Sept. 18th SERVICE WORK Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901 *Reoccurs every third Friday of the month</p> <hr/> <p>3:00PM–4:30PM Life Recovery Meeting Steele Memorial Library 101 E Church St. Conference Rm 1 In person and on Zoom. Meeting ID: 836 3769 5964 Passcode: recovery</p>	<p><i>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</i></p>



September 2023 - Cattaraugus Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>11:30AM-12:30PM Drug Court Support Group via Zoom. Meeting ID: 891 1024 4269</p>	<p>12:30PM-2:30PM GED Class</p> <hr/> <p>7PM-8PM SMART Recovery via Zoom. Meeting ID: 836 5968 1805</p>	<p>12PM-1:30PM Gabby's Walking Group</p> <hr/> <p>12:30PM-2:30PM GED Class</p> <hr/> <p>2:30PM-3:30PM Renegade Recovery via Zoom. Meeting ID: 827 5496 7772</p>	<p>12:30PM-2:30PM GED Class</p> <hr/> <p>7PM-8PM Grief with Gabby via Zoom. Meeting ID: 841 1142 6844</p>		<p><i>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</i></p>

Manny Hanny Building, 101 North Union St. Suite 105, Olean. If it is your first group at the Center call Justin (716) 790 – 9204, Mindy (716) 378 – 3365 or Gabby (716) 790 – 1085 for additional directions if needed! Entrance at rear of building, to the right of Armond's & Singer store. Press Intercom labeled "AIR CATT" (only intercom on building)

September 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

09/02 - ERIE CANAL BIKE RIDE!!!

12pm Meeting at the REI parking lot in Henrietta, 450 East Henrietta Rd, Rochester, 14620. We will bike for approximately 2–3 hours over varied terrain, please dress for the weather and bring your own helmet. There is ice cream along this route and it's a very likely possibility we will stop. If you need a bicycle or a helmet for the ride, please email Sean. Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville or from 86 River St. in Hornell.

Register here:



09/09 - OUT OF THE DARKNESS STEUBEN COUNTY SUICIDE AWARENESS WALK!!!

10am check in, 11:30am walk begins. Mossy Bank Park, Bath, NY The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about. AIR will be walking together to support this event.

Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville or from 86 River St. in Hornell.

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

09/16 - SOBERFEST '23: NY STATE'S FIRST SOBER ACTIVE RECOVERY FESTIVAL!!!!

Come join us for the FIRST EVER New York State Sober Active Recovery Festival at Mendon Ponds Park in Henrietta, NY beginning at 12 pm (Noon) on Saturday September 16 for live music, games, food, sober activities, recovery resources, and so much more! We will have something for the whole family all afternoon. In the evening there will be fireside fellowship meetings and marshmallow roasting, and you can even bring a tent and camp out with us! The weekend will wrap up with the ROcovery Fitness 9th Annual 5k Run/Walk & X–Challenge, presented by Lewis Tree & Helio Health, on Sunday morning, September 17th at 9 am. Brought to you by these NY State Sober Active Recovery Organizations:

ROcovery Fitness, AIR Adventures in Recovery, Devin's Rec Room, Hive of Hope, & Sober Active Recovery Adirondacks (SARA).

For more information contact: SoberFestRecovery@gmail.com

09/23 - GENESSEE VALLEY GREENWAY TRAIL BIKE RIDE!!!!

12pm Mt. Morris Veterans Park, Mount Morris NY. We will bike for approximately 2–3 hours over varied terrain, please dress for the weather and bring your own helmet. If you need a bicycle or a helmet for the ride, please email Sean. Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville or from 86 River St. in Hornell. Email Emily at esindoni@casa-trinity.org or call/text her at (607) 738–4966 if you are interested in carpooling from Elmira.

09/24 - SUNDAY FOOTBALL POTLUCK AT THE CENTER!!!!

1pm 134 Main St Dansville NY. Come on out for some Buffalo Bills football at The Center.

A dish to pass is appreciated but not required. Bring your friends and family out for some food, fun, and FOOTBALL!!!

09/30 - GRIFFIS SCULPTURE PARK HIKE!!!!

12pm Griffis Sculpture Park, 6902 Mill Valley Rd, East Otto, NY. We will hike for 2–3 hours over varied terrain. Please wear appropriate footwear and dress for the weather.

If interested in carpooling from Olean, please email Mindy at mvail@casa-trinity.org.

If interested in carpooling from The Center in Dansville or from 86 River St in Hornell email Sean at ssmith@casa-trinity.org





AIR SEPT. 2023 Hybrid Calendar



**All events on the schedule are hybrid, (In person and zoom) and are hosted in various AIR Locations.*

If you don't live nearby the host site, please feel free to join us on zoom with the meeting ID and passwords that are displayed under each meeting.

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*****CLEAN ONSITE MEETINGS – IF IT IS YOUR FIRST GROUP AT THE CENTER CALL JUSTIN (716) 790 – 9204, MINDY (716) 378 – 3365 OR GABBY (716) 790 – 1085 FOR ADDITIONAL DIRECTIONS IF NEEDED! ENTRANCE AT REAR OF BUILDING, TO THE RIGHT OF ARMOND'S & SINGER STORE. PRESS INTERCOM LABELED "AIR CATT" (ONLY INTERCOM ON BUILDING).*****

Saturday weekly outdoor events. Check our FB page or attached event list for details, locations, and carpooling options.

Personal training throughout the week by appt. only. Email Sean at ssmith@casa-trinity.org to set up an in person or zoom session.