



February 2024 - 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 on 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, NY.</p>	<p>12PM-7PM Open Gym</p> <hr/> <p>12PM - 1PM Veterans All Recovery Meeting. In person or on Zoom. Meeting ID: 894 3797 8799 Passcode: 415305</p> <hr/> <p>5PM-6PM ACA Meeting (Adult Children of Alcoholics and Dysfunctional Families) In Person or on 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 or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>5:30PM-6:30PM Dave's Beginner Bootcamp</p>	<p>12PM-7PM Open Gym</p> <hr/> <p>5:30PM-6:30PM Mindful Yoga. In person or on Zoom. Meeting ID: 821 3372 8509 Passcode: 880564</p> <hr/> <p>6:45PM-7:45PM Women's AA Meeting. In person or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12PM-6:00PM Open Gym</p> <hr/> <p>6PM-7PM Dave's Beginner Bootcamp</p> <hr/> <p>6PM-7PM FEB. 29th Only Zumba with Amber</p> <hr/> <p>7PM-8PM AI-Anon Meeting In person or on 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 or on 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>6PM-7PM FEB. 2nd Only Domestic Violence Support Group</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>10AM-12PM Y12SR with Pam Lavender Fields Yoga Studio. Located at 6519 Dantz Rd, Groveland, NY</p> <hr/> <p>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</p> <hr/> <p>Personal training throughout the week by appt. only.</p> <hr/> <p>Email Sean at ssmith@casa- trinity.org to set up an in person or zoom session.</p> <hr/> <p>*All events on the schedule are at The Center unless an address or location is given under the event.</p>

AIR
Livingston
and Steuben
Only!





Feb. 2024 - Chemung Co. Weekly Calendar







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>9AM–9:30AM Goal Getters Accountability Group ZOOM Call Only Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>1PM–3PM Mixed Media Mingle Open Art Studio</p> <hr/> <p>2PM–3PM Mental Healness: Support Group. Tap into your mental wellbeing.</p> <hr/> <p>3PM–4PM All Recovery Meeting. In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p>	<p>10AM–11AM Beginner Yoga</p> <hr/> <p>6PM–7:30M Game Night</p> <hr/> <p>7:30PM–8:30PM Womens All Recovery meeting. New location!! In person at The Center. Or on Zoom. Meeting ID: 859 6053 7900 Passcode: 553601</p>	<p>1PM–2PM Crochet Club (beginner supplies provided)</p> <hr/> <p>5PM–6PM YOUTH CLUBHOUSE Healthy Hustle Fitness</p>	<p>11AM–12PM The Coping Circle: A safe space for sharing strategies and support. In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>11AM–12PM February 15th Watercolor Workshop with Nikki (Supplies provided)</p> <hr/> <p>3PM–4PM Flourishing with Flo (Self Esteem Workshop). In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>6PM–7PM Total Body Tone</p>	<p>9AM–1PM  Friday February 16th SERVICE WORK Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901.</p> <hr/> <p>9AM–12PM  Friday February 23rd SERVICE WORK At the Food Bank Meet at The Center for transportation to and from.</p> <hr/> <p>3:00PM–4:30PM Life Recovery Meeting In person or on Zoom. Meeting ID: 836 3769 5964 Passcode: recovery</p> <p> Friday community service requires Closed toes shoes, clothes you can get dirty.</p>	<p><i>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</i></p> <p><i>*All events on the schedule are at The Center unless an address or location is given under the event.</i></p> <div style="text-align: center;">  <p>THE CENTER A SAFE SPACE FOR ADULTS AND FAMILIES 456 E. Church Street Elmira, NY 14901</p> </div>

AIR Chemung County is **NOW located at 456 E. Church Street, Elmira, NY 14901** | AIR Contact: Emily Sindoni | esindoni@casa-triity.org | (607) 738–4966.



If you are not able to join us in person, please feel free to join us for the virtual events listed above.



February 2024 - Cattaraugus Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:30AM–12:30PM Drug Court Support. In person at The Center. 	12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760 <hr/> 3PM–4PM  Open Forum Recovery Meeting <hr/> 7PM–8PM  SMART Recovery.	12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760 <hr/> 12PM–1PM  Accountability Group <hr/> 5:30PM–6:30PM  Refuge Recovery.	12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760 <hr/> 4:30PM–5:30PM  All Recovery Meeting <hr/> 7PM–8PM  Grief with Gabby.		February 17th! 1PM–2PM Storytellers of Life <hr/> <p><i>*All events on the schedule are at The Center unless an address or location is given under the event.</i></p>  <p>THE CENTER <small>A SAFE SPACE FOR ADULTS AND FAMILIES</small>  201 S. Union Street Olean, NY 14760 </p>

Manny Hanny Building, 101 North Union St. Suite 105, Olean. Entrance at rear of building, to the right of Armond's & Singer store. Press Intercom labeled "AIR CATT".

 The Center has moved, and all other recovery-based activities are now at the CASA-Trinity Outpatient Building at 201 N. Union St., Olean, NY 14760. 

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

February 2024- 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 | The Center, 456 E. Church Street, Elmira, NY 14901 | Olean Clinic, 201 S. Union Street, Olean, NY 14760

02/03 - AIR SKI TRIP TO SWAIN!!! (RSVP REQUIRED)

12pm Swain Mountain. Come on out for a ski trip with the AIR crew!!! RSVP is required for this event as we will only have a certain number of tickets. If you are interested in attending this event, please RSVP with Sean at ssmith@casa-trinity.org.

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 (607) 738-4966 if you are interested in carpooling from Elmira.

02/11 - SUPERBOWL POTLUCK PARTY!!!

6pm. AIR will be hosting 2 separate Superbowl Parties at the centers in Elmira and Dansville. Come on down and join us for the biggest game of the year!!! A dish to pass is appreciated but not required. Grab you friends and family members and come out and join us for some food, fun, and FOOTBALL!!!

The address to the different AIR's is as follows:

AIR Chemung: 456 E Church St Elmira, NY | AIR Livingston and AIR Steuben: 134 Main St Dansville, NY

02/17 - CONKLIN GULLY WINTER HIKE!!!!

12pm Conklin Gully Parking Lot, Naples NY. We will be hiking for 2-3 hours over varied terrain. Please dress for the weather and wear appropriate footwear. Microspikes are required for this hike. If you don't have a pair email Sean at ssmith@casa-trinity.org and we'll reserve a pair for you. You will most likely get your feet wet, so bring a change of socks and shoes.

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

02/24 - NIAGARA FALLS WINTER HIKE!!!

12pm Goat Island Parking Lot. 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 or from 86 River St in Hornell.

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.





AIR Feb. 2024 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.

The Center, 134 Main Street, Dansville, NY | The Center, 456 E. Church Street, Elmira, NY 14901 | Olean Clinic, 201 S. Union Street, Olean, NY 14760

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*****OLEAN 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.*