




# January 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.</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: 87322597550 Passcode: 669956</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 JAN. 4th 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> <hr/> <p>6PM–7PM JAN. 25th Only Monthly Domestic Violence Support Group</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>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><b><i>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</i></b></p> <hr/> <p><b><i>Personal training throughout the week by appt. only.</i></b></p> <hr/> <p><b><i>Email Sean at ssmith@casa- trinity.org to set up an in person or zoom session.</i></b></p> <hr/> <p><b><i>*All events on the schedule are at The Center unless an address or location is given under the event.</i></b></p> <div><p><b>THE CENTER</b> A SAFE SPACE FOR ADULTS AND FAMILIES 134 Main Street Dansville, NY 14437</p></div>

AIR  
Livingston  
and Steuben  
Only!



# Jan. 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>3PM–4PM All Recovery Meeting. In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p>	<p>4PM–5PM Book Club – Reading The Four Agreements by Miguel Ruiz starting 01/09. In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>6PM–7PM Total Body Tone</p> <hr/> <p>7:30PM–8:30PM Womens All Recovery meeting. In person at LaFrance Community Room, 416Powell St, Elmira, NY14904. (Entrance is at the back of the building). Or on Zoom. Meeting ID: 859 6053 7900 Passcode: 553601</p>	<p>10AM–11AM Guided Meditation with LaToya. In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>11AM–12PM Fitness Foundations: Start Strong Functional Fitness Class with LaToya</p> <hr/> <p>1PM–2PM Kasey Krochets (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 January 18th Watercolor Workshop with Nikki (Supplies provided)</p> <hr/> <p>5PM–6PM 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 January 19th SERVICE WORK Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901.</p> <hr/> <p>9AM–1PM  Friday January 26th 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> <hr/> <p> <b>Friday community service requires Closed toes shoes, clothes you can get dirty.</b></p>	<p><i>Saturday weekly outdoor events</i> <b>Check our FB page or attached event list for details, locations, and carpooling options.</b></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> <div>  <p><b>THE CENTER</b> 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.*



# January 2024 - 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</i> <i>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>  <p><b>THE CENTER</b> A SAFE SPACE FOR ADULTS AND FAMILIES 101 N. Union St., Ste. 105 Olean, NY 14760</p> </div>

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)

# January 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

## 01/05 - ELMIRA RIVER SHARKS HOCKEY GAME!!! (RSVP REQUIRED)

6:30pm First Arena, 155 N. Main Street, Elmira, NY 14901. Come on out and watch some hockey 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 Emily at [esindoni@casa-trinity.org](mailto:esindoni@casa-trinity.org).

Email Sean at [ssmith@casa-trinity.org](mailto: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](mailto:esindoni@casa-trinity.org) or call/text (607) 738-4966 if you are interested in carpooling from Elmira.

## 01/13 - ALLEGANY STATE PARK HIKE AT THREE SISTERS TRAIL!!!

11:15am meeting at The Olean Center Mall Parking lot by Key Bank and then caravanning to the trailhead. We will be hiking for 2-3 hours over varied terrain. Please dress for the weather and wear appropriate footwear. Anyone that is interested in carpooling from Olean, please email Mindy at [mvail@casa-trinity.org](mailto:mvail@casa-trinity.org).

Email Sean at [ssmith@casa-trinity.org](mailto: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](mailto:esindoni@casa-trinity.org) or call/text her at (607) 738-4966 if you are interested in carpooling from Elmira.

## 01/20 - RATTLESNAKE HILL LOOP WINTER HIKE!!!!

11:30am Meeting at The Center at 134 Main St Dansville NY and will caravan the 15 minutes over to the trailhead. We will be hiking for 2-3 hours over varied terrain.

Please dress for the weather and wear appropriate footwear.

Email Sean at [ssmith@casa-trinity.org](mailto: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](mailto:esindoni@casa-trinity.org) or call/text her at (607) 738-4966 if you are interested in carpooling from Elmira.

## 01/27 - CONKLIN GULLY WINTER HIKE!!!

12pm Conklin Gully Parking Lot. Naples NY. This will be the best hike of the winter! We will hike for approximately 2-3 hours over varied and sometimes hilly terrain, please wear appropriate footwear and dress for the weather. Micro spikes will be needed for the bottom of your boots.

If you do not own a set, please let Sean know by email at [ssmith@casa-trinity.org](mailto:ssmith@casa-trinity.org) and we can set aside a pair for you to borrow.

Email Sean at [ssmith@casa-trinity.org](mailto: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](mailto:esindoni@casa-trinity.org) or call/text her at (607) 738-4966 if you are interested in carpooling from Elmira.





# AIR Jan. 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9AM–9:30AM Goal Getters Accountability Group Zoom Only Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>11:30AM–12:30PM Drug Court Support Group Zoom Only. Meeting ID: 891 1024 4269</p> <hr/> <p>12PM–1PM Veterans All Recovery Meeting. In person at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 894 3797 8799 Passcode: 415305</p> <hr/> <p>3PM–4PM Recovery Meeting. In person at The Center at 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>5PM–6PM ACA Meeting (Adult Children of Alcoholics and Dysfunctional Families). In person at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 503 685 8737 Passcode: 123123</p>	<p>5PM–6PM Creative Writing with Alyssa. In person at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>7PM–8PM SMART Recovery Zoom Only. Meeting ID: 836 5968 1805</p> <hr/> <p>7PM–8PM Womens All Recovery meeting. In person at LaFrance Community Room, 416Powell St, Elmira, NY14904. (Entrance is at the back of the building). Or on Zoom. Meeting ID: 859 6053 7900 Passcode: 553601</p>	<p>10AM–11AM Guided Meditation with LaToya. In person at The Center in Elmira, NY. Or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>2:30PM–3:30PM Renegade Recovery Zoom Only. Meeting ID: 827 5496 7772</p> <hr/> <p>5:30PM–6:30PM Mindful Yoga In person at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 821 3372 8509 Passcode: 880564</p> <hr/> <p>6:45PM–7:45PM Women's AA Meeting. In person at The Center in Dansville, NY. Or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>11AM–12PM The Coping Circle: A safe space for sharing strategies and support. In person at 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>5PM–6PM Flourishing with Flo (Self Esteem Workshop). In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>7PM–8PM AI–Anon Meeting. In person at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>7PM–8PM Grief with Gabby Zoom Only. Meeting ID: 841 1142 6844</p>	<p>12PM–1PM Buy The Book AA Meeting. In person at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>3:00PM–4:30PM Life Recovery Meeting In person at 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 836 3769 5964 Passcode: recovery</p>

\*\*\*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](mailto:ssmith@casa-trinity.org) to set up an in person or zoom session.*