













April 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>	<p>10AM-2PM  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>10AM-2PM  Open Gym</p> <hr/> <p>6PM-7PM Dave's Beginner Bootcamp</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>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>
	 Updated hours!			 Updated hours!		



April 2024 - Chemung Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4PM–6PM April 21st Wii Bowling Tournament</p> <hr/> <p>6PM–7PM All Recovery Meeting. In person at The Center or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p>	<p>11AM–12PM Beginner Yoga</p> <hr/> <p>12PM–1PM Grief Support Group</p>	<p>10AM–11:30AM Narcotics Anonymous</p> <hr/> <p>12:30PM–1:30PM LGBTQIA+ Support Group In person and on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>6PM–7:30M Game Night</p> <hr/> <p>7:30PM–8:30PM Womens All Recovery meeting. 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> <hr/> <p>6PM–7PM April 17th Narcan Training Narcan Kit Provided In person and on Zoom Meeting ID: 575 682 0610 Passcode: airchemung <i>Reoccurs every 3rd Wednesday of the month.</i></p> <hr/> <p>Interview prep & resume help available! By appointment only. Monday – Friday from 10am–7pm</p>	<p>11AM–12PM Painting Workshop (Supplies provided)</p> <hr/> <p>3PM–4PM The Coping Circle: A safe space for sharing strategies and support. In person or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p>	<p>3PM–4PM Life Recovery Meeting. In person or on Zoom. Meeting ID: 836 3769 5964 Passcode: recovery</p> <hr/> <p>11AM–2PM April 5th Heartland Haven Farm in Breesport, NY. Transportation from the Center only</p> <hr/> <p>9AM–2PM April 12th Elmira Animal Shelter. 842 Linden Pl Ext, Elmira</p> <hr/> <p>9AM–12PM  April 19th. Service Work. Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901.</p> <hr/> <p>9AM–12PM  April 26th Foodbank 388 Upper Oakwood Ave., Elmira Heights Registration Required*</p>	<p> Friday community service requires Closed toes shoes, clothes you can get dirty.</p> <hr/> <p>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</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;">  THE CENTER <small>A SAFE SPACE FOR ADULTS AND FAMILIES</small> 456 E. Church Street Elmira, NY 14901 </div>

AIR Chemung County is located at 456 E. Church Street, Elmira, NY 14901 | Open Monday – Friday from 10am–7pm.



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.*



April 2024 - Cattaraugus Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>11:30AM–12:30PM Drug Court Support. In person at The Center.</p> <hr/> <p>5:30PM–6:30PM Refuge Recovery.</p>	<p>12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760</p> <hr/> <p>3PM–4PM Open Forum Recovery Meeting</p> <hr/> <p>7PM–8PM SMART Recovery.</p>	<p>12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760</p> <hr/> <p>12PM–1PM Accountability Group</p>	<p>12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760</p> <hr/> <p>4:30PM–5:30PM All Recovery Meeting</p> <hr/> <p>7PM–8PM Grief with Gabby.</p>		<p>To be announced! Storytellers of Life</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>  <p>THE CENTER A SAFE SPACE FOR ADULTS AND FAMILIES 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.

April 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

04/06 - ROBERT TREMAN HIKE IN ITHACA!!!

12pm Robert Treman State Park, parking at The Old Mill. 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 at esindoni@casa-trinity.org or call/text (607) 738–4966 if you are interested in carpooling from Elmira.

4/12-4/14 - CAMPING AND HIKING AT ALLEGANY STATE PARK!!! (RSVP REQUIRED)

4/12 – 3pm Allegany State Park. Reserve your spot by emailing Sean at ssmith@casa-trinity.org. We will be camping in cabins at the park both nights. On Saturday 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 for full details and if you are interested in carpooling from The Center in Dansville or from 86 River St in Hornell, or if you just want to join us Saturday for the hike.

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.

04/20 - TANGLEWOOD HIKE IN ELMIRA!!!!

12pm Tanglewood at Personius Woods. 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.

04/27 - KEUKA LAKE BIKE RIDE!!!

12pm Champlin Beach Parking Lot Hammondsport NY. We will bike for approximately 2–3 hours over varied terrain, please dress for the weather. We do have extra bikes and helmets if you need to borrow one, please email Sean with the size you would need.

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.





AIR April 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>12PM–1PM Veterans All Recovery Meeting. In person at The Center at 134 Main Street, Dansville, NY 14437. 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 at The Center at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 503 685 8737 Passcode: 123123</p>	<p>12:30PM–1:30PM LGBTQIA+ Support Group 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 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 Womens All Recovery meeting. In person at The Center 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 859 6053 7900 Passcode: 553601</p>	<p>5:30PM–6:30PM Mindful Yoga In person at The Center at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 821 3372 8509 Passcode: 880564</p> <hr/> <p>6PM–7PM April 17th Narcan Training. Narcan Kit Provided. In person at The Center at 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung <i>Reoccurs every 3rd Wednesday of the month.</i></p> <hr/> <p>6:45PM–7:45PM Women's AA Meeting. In person at The Center at 134 Main Street, Dansville, NY. Or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>3PM–4PM 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>7PM–8PM Al-Anon Meeting. In person at The Center at 134 Main Street, Dansville, NY 14437. Or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12PM–1PM Buy The Book AA Meeting. In person at The Center 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 The Center 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 to set up an in person or zoom session.