









May 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 May 6th & 20th Only! 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 at 45 Maple Street unless raining. Then this will be at The Center.</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 at Girl Scout Park in Dansville unless raining. Then this will be at The Center.</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!		

Beginning May 14th!







May 2024 - Steuben Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED	10AM–5PM Open Gym 5PM–6PM Art with Brandy 6PM–7PM Beginner Bootcamp	10AM–2:30PM Open Gym 12PM–1PM Book Club The 4 Agreements. Email Jess at jshaffer@casa-trinity.org if interested. In person or on Zoom. Meeting ID: 886 9386 3916 Passcode: 007668	10AM–6PM Open Gym 6PM–7PM Domestic Violence Group	CLOSED If interested in community outreach email Jess at jshaffer@casa-trinity.org. 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><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 54 Liberty Street Bath, NY 14810</p>

AIR Steuben County is located at 54 Liberty Street, Bath, NY 14810 | AIR Contact: Jessica Shaffer | jshaffer@casa-trinity.org
Be sure to follow us on Facebook and Instagram to stay connected! @AIRAdventuresInRecovery



May 2024 - Chemung Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>4PM–5PM 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>4PM–5PM YOUTH CLUBHOUSE Healthy Hustle Fitness</p> <hr/> <p>6PM–7PM May 15th 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>12PM–1:30PM Board Games</p>	<p>3PM–4PM Life Recovery Meeting. In person or on Zoom. Meeting ID: 836 3769 5964 Passcode: recovery</p> <hr/> <p>11AM–2PM  May 3rd Heartland Haven Farm in Breesport, NY. Transportation from the Center only</p> <hr/> <p>9AM–12PM  May 17th. Service Work. Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901.</p> <hr/> <p>9AM–12PM  May 24th 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>



THE CENTER
A SAFE SPACE FOR ADULTS AND FAMILIES

456 E. Church Street
Elmira, NY 14901

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.*



May 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 Odds and Ends All 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>5:30PM–6:30PM Mental Health Support 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 Group</p>		<p>May 4th! 1PM–2PM Storytellers of Life Speaker: Kinlea</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>

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.

May 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 | The Center, 201 S. Union Street, Olean, NY 14760 | The Center, 54 Liberty Street, Bath, NY

05/04 - SUICIDE PREVENTION AND AWARENESS WALK IN ELMIRA!!!(REGISTRATION REQUIRED)

Scan to register:



10:30AM at Eldridge Park, Elmira. We will be supporting the Walk a Mile in My Shoes event as a group. You can find out more about this event by clicking on this link: [Home / Walk A Mile](#). Registration is required to participate in this event, and you can register online by following this link: [Walk a Mile Registration](#). There is also day of the walk registration beginning at 9am at Eldridge Park. The walk will begin promptly at 11 so leave yourself some time to park and find us. It does not cost anything to register unless you want a t-shirt and lunch, and if you do the cost is \$15.

You can find all this information by googling Walk a Mile in My Shoes Elmira 2024 and click on the website.

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, or from 56 Liberty St in Bath.

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

5/11 - KESHEQUA CREEK HIKE!!!

12PM Keshequa Creek Falls Trailhead, Union Coners Rd, Dansville NY. If you type Keshequa Creek Falls Trailhead into google maps it'll bring you to the parking area.

We will hike for approximately 2-3 hours over varied terrain, please wear appropriate footwear and dress for the weather.

There will be spots where you could get wet, so bring a change of boots or 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, or from 56 Liberty St in Bath.

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.

05/18 - BULLY HILL HIKE!!!!

12PM Bully Hill State Park, Andrew Ferry Rd Parking area, just past Karr Rd as you're heading north, parking area is at the bend in the road on Andrew Ferry.

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, or from 56 Liberty St in Bath.

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

05/25 - KEUKA LAKE STATE PARK KAYAKING, BICYCLING, VOLLEYBALL, AND BBQ!!!

12pm Keuka Lake State Park, 3560 Pepper Rd, Keuka Park NY. We will be celebrating Memorial Day by hosting a BBQ at the park and having multiple activities for people to choose from. A dish to pass is very much appreciated but not required. We will be bringing out our kayaks and paddleboards as well as a fleet of bikes, so people can choose what they might want to do. The bike ride will last for approximately 1-2 hours over varied terrain, please dress for the weather. We will bike/kayak before the BBQ and then we'll eat and play volleyball if people want to play. 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, or from 56 Liberty St in Bath.

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





AIR May 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 | The Center, 201 S. Union Street, Olean, NY 14760 | The Center, 54 Liberty Street, Bath, NY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12PM–1PM Veterans All Recovery Meeting. In person at The Center at 134 Main Street, Dansville, NY. 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. 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>4PM–5PM Womens All Recovery meeting. In person at The Center at 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 859 6053 7900 Passcode: 553601</p> <hr/> <p>5PM–6PM Creative Writing with Alyssa. In person at 134 Main Street, Dansville, NY. Or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12PM–1PM Book Club – The 4 Agreements. Email Jess at jshaffer@casa-trinity.org if interested. In person at The Center at 54 Liberty St., Bath, NY or on Zoom. Meeting ID: 886 9386 3916 Passcode: 007668</p> <hr/> <p>5:30PM–6:30PM Mindful Yoga. In person at The Center at 134 Main Street, Dansville, NY. Or on Zoom. Meeting ID: 821 3372 8509 Passcode: 880564</p> <hr/> <p>6PM–7PM May 15th 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</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>7PM–8PM AI–Anon Meeting. In person at The Center at 134 Main Street, Dansville, NY. 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. 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 MANNY HANNY BUILDING, CALL JUSTIN (716) 790 – 9204, MINDY (716) 378 – 3365 OR GABBY (716) 790 – 1085 FOR 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.