



Oct. 2024 - Livingston Co. Weekly Calendar







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>6:15PM–8PM Y12SR (Yoga for 12 Step Recovery) with Monica at 24 Commercial Street, Livonia, NY</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 Sean’s Beginner Bootcamp at The Center in Dansville</p>	<p>12PM–7PM Open Gym</p> <hr/> <p>4PM–5PM Guided Art with Alyssa</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>3PM–5PM Community Cleanup Service Projects. 1st Thursday of each month only. Location TBD. If interested, please email asick@casa-trinity.org</p> <hr/> <p>5PM–6PM Couch to 5k Run/Walk Group</p> <hr/> <p>6PM–7PM Sean’s Beginner Bootcamp at The Center in Dansville</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>2PM–3PM Book Club (The 4 Agreements) Email Alyssa at asick@casa-trinity.org if interested.</p> <hr/> <p>6:00PM–8:00PM AIR Steuben Friday Night Hikes and AA Campfire Meeting. Meeting at The Centers in Dansville and Bath to carpool to the trailhead on the Finger Lakes Trail in Hornell. Email Jess at jshaffer@casa-trinity.org for details.</p>	<p>9AM–11AM 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>



THE CENTER
A SAFE SPACE FOR ADULTS AND FAMILIES
134 Main Street
Dansville, NY 14437



Oct. 2024 - Chemung Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>10AM-7PM Open Gym</p> <hr/> <p>11AM-12PM Grief Support Group. In person and on Zoom. Meeting ID: 575 682 0610 PW: airchemung</p> <hr/> <p>2PM-3PM Beginner Yoga</p> <hr/> <p>6PM-7PM Crystal Meth Anonymous</p>	<p>10AM-7PM Open Gym</p> <hr/> <p>11AM-12PM Circuit Training</p> <hr/> <p>10AM-11:30AM Narcotics Anonymous</p> <hr/> <p>4PM-5PM Womens All Recovery meeting. In person or on Zoom. Meeting ID: 859 6053 7900 Passcode: 553601</p>	<p>10AM-2PM Open Gym</p> <hr/> <p>11AM-12PM Guided Meditation</p> <hr/> <p>1PM-2PM Crochet Club (beginner supplies provided)</p> <hr/> <p>6PM-7PM Womens Bootcamp</p> <hr/> <p>6PM-7PM September 18th 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>10AM-7PM Open Gym</p> <hr/> <p>11AM-1PM Open Art Studio (Supplies provided)</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-7PM Recovery Dharma. In person and on Zoom. Meeting ID: 857 1086 8832 PW: airchemung</p>	<p>3PM-4PM Life Recovery Meeting. In person or on Zoom. Meeting ID: 844 0188 5608 Passcode: Recovery</p> <hr/> <p>5PM-6:30PM Recovery Social Hour <i>*dish to pass is encouraged</i></p> <hr/> <p>11AM-2PM  OCT 4th. Heartland Haven Farm. Transportation from the Center only.</p> <hr/> <p>9AM-12PM  OCT 18th. Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901.</p> <hr/> <p>9AM-12PM  OCT 25th. Food Bank 388 Upper Oakwood Ave. Elmira 14903 - 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> <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 Chemung County is located at 456 E. Church Street, Elmira, NY 14901 | Open Monday - Friday from 10am-7pm.

AIR Contact: Emily Sindoni | esindoni@casa-trinity.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.*



Oct. 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>	<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>		<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.



AIR Oct. 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>11AM–12PM Grief Support Group. In person at The Center at 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 575 682 0610 PW: airchemung</p>	<p>4PM–5PM 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> <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 OCT 16th 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 The Women's Circle AA Women's Meeting. In person at The Center in Dansville OR Bath, NY. On zoom Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12:30PM–1:30PM LGBTQIA+ Support Group In person and on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <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> <hr/> <p>6PM–7PM Recovery Dharma. In person at The Center at 456 E. Church Street, Elmira, NY. Or on Zoom. Meeting ID: 857 1086 8832 PW: airchemung</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.

October 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

10/5 SCULPTURE PARK

12pm Griffis Sculpture Park Parking Area, 6902 Mill Valley Rd, East Otto NY 14729 We will be hiking over varied terrain for 2–3 hours, so please wear appropriate footwear and dress for the weather.

If you are interested in carpooling options from our different AIR Centers, we will need to know by **10/3**

Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville, NY.

Email Jess at jshaffer@casa-trinity.org or from The Center in Bath or from 86 River St. in Hornell, NY

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

10/12 TAUGHANNOCK FALLS

12pm Taughanock Falls Gorge Trailhead 1783 NY–89 Trumansburg NY. We will be hiking over varied terrain for 2–3 hours, so please wear appropriate footwear and dress for the weather.

If you are interested in carpooling options from our different AIR Centers, we will need to know by **10/10**

Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville, NY.

Email Jess at jshaffer@casa-trinity.org if you are interested in carpooling from The Center in Bath or from 86 River St in Hornell, NY.

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

10/19 ROB'S TRAIL

12PM Rob's Trail Preserve, Hemlock Lake Trailhead Bald Hill Rd Springwater NY. Type Rob's Trail Preserve–Hemlock Lake into google maps. We will be hiking over varied terrain for 2–3 hours, so please wear appropriate footwear and dress for the weather.

If you are interested in carpooling options from our different AIR Centers, we will need to know by **10/17**

Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville, NY.

Email Jess at jshaffer@casa-trinity.org if you are interested in carpooling from The Center in Bath or from 86 River St in Hornell, NY.

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

10/25 NEWTOWN BATTLEFIELD NIGHT HIKE

5:30 PM Newtown Reservation Rd. Elmira NY. We will be parking at the park entrance down below and hiking up to the top. We will be hiking over varied terrain, including hills for 2–3 hours, so please wear appropriate footwear and dress for the weather. This will be a Halloween hike so wear your favorite costume if you'd like!!!

If you are interested in carpooling options from our different AIR Centers, we will need to know by **10/23**

Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville, NY.

Email Jess at jshaffer@casa-trinity.org if you are interested in carpooling from The Center in Bath or from 86 River St in Hornell, NY.

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

