



Jan. 2025 - Livingston Co. Weekly Calendar





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>4PM-5PM Women's Beginner Workout</p> <hr/> <p>5:30PM-6:30PM Motivational Mindset Monday</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>1PM-3PM Y12SR with Pam Yoga and 12 Step Meeting Lavender Fields Yoga Studio Located at 6519 Dantz Rd, Groveland NY</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 Beginner Fitness Class w/ Adam</p>	<p>12PM-7PM Open Gym</p> <hr/> <p>1PM-2:30PM Women's Workout</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>12PM-6PM 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-530PM Couch to 5k Run/Walk Group</p> <hr/> <p>530PM-630PM Beginner Fitness Class w/ Adam</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>4PM-6PM Family Friendly Game Night</p> <hr/> <p>6PM-7PM Alcoholics Anonymous *In Bath* Carpool from Center at 5:15pm Contact Alyssa 607-795-6983</p>	<p><i>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</i></p> <hr/> <p><i>Personal training throughout the week by appt. only.</i></p> <hr/> <p><i>Email Sean at ssmith@casa-trinity.org to set up an in person or zoom session.</i></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>



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



Jan. 2025 - Chemung Co. Weekly Calendar


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>9AM–4PM Open Gym</p> <hr/> <p>10AM–11PM Grief Support Group In person and on Zoom. Meeting ID: 575 682 0610 PW: airchemung</p> <hr/> <p>6PM–7PM Crystal Meth Anonymous</p>	<p>9AM–4PM Open Gym</p> <hr/> <p>11AM–12PM Functional Fitness Class</p> <hr/> <p>10AM–11:30AM Narcotics Anonymous</p> <hr/> <p>2PM–3PM Beginner Yoga</p> <hr/> <p>3PM–4PM Women’s All Recovery meeting. In person and on Zoom Meeting ID: 859 6053 7900 Passcode: 553601</p>	<p>9AM–2PM Open Gym</p> <hr/> <p>10AM–11AM Crochet Club (beginner supplies provided)</p> <hr/> <p>11AM–12PM Guided Meditation</p> <hr/> <p>3PM–4PM Women’s Beginner Workout</p> <p>Interview prep & resume help available! By appointment only. Monday – Friday from 9am–4pm</p>	<p>9AM–4PM Open Gym</p> <hr/> <p>10AM–11AM Reader’s Circle Book Club</p> <hr/> <p>11AM–1PM Open Art Studio (Supplies Provided)</p> <hr/> <p>12:30PM–1:30PM Queer Coffee Club In person and on Zoom. Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>3PM–4PM Creative Writing</p> <hr/> <p>5:30PM–7PM Life Recovery Meeting <i>Zoom Only</i> Meeting ID: 844 0188 5608 Passcode: Recovery</p>	<p>1PM–4PM Open Gym</p> <hr/> <p>9AM–11AM  Jan 10th. Community Clean-Up Meet at Center</p> <hr/> <p>9AM–1PM  Jan 17th. Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901.</p> <p>Friday community service requires closed toed 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> 

AIR Chemung County is located at 456 E. Church Street, Elmira, NY 14901 | **NEW HOURS: Open Monday – Friday from 9am–4pm.**

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.*



Jan. 2025 - 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 Jan. 2025 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	SATURDAY
<p>10AM–11AM Grief Support Group. Meeting ID: 575 682 0610 PW: airchemung</p> <hr/> <p>12PM–1PM Veterans All Recovery Meeting Meeting ID: 894 3797 8799 Passcode: 415305</p> <hr/> <p>7PM–8:30PM Men's Recovery Meeting. In person or on Zoom. Meeting ID: 834 7049 2476 Passcode: AirSteuben</p>	<p>4PM–5PM Womens All Recovery Meeting ID: 859 6053 7900 Passcode: 553601</p> <hr/> <p>5PM–6PM Creative Writing with Alyssa Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12PM–1PM Book Club: <i>Into The Wild</i> by Jon Krakauer Email Jess at jshaffer@casa-trinity.org if interested. In person or on Zoom. Meeting ID: 871 1346 1489 Passcode: AirSteuben</p> <hr/> <p>5:30PM–6:30PM Mindful Yoga Meeting ID: 821 3372 8509 Passcode: 880564</p> <hr/> <p>6:45PM–7:45PM The Women's Circle AA Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12:30PM–1:30PM Queer Coffee Club Meeting ID: 575 682 0610 Passcode: airchemung</p> <hr/> <p>5:30PM–7PM Life Recovery Meeting Meeting ID: 844 0188 5608 Passcode: Recovery</p> <hr/> <p>6:15PM–7:30PM Narcotics Anonymous Meeting. In person or on Zoom. Meeting ID: 871 1346 1489 Passcode: AirSteuben</p> <hr/> <p>7PM–8PM AI–Anon Meeting Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>12PM–1PM Buy The Book AA Meeting. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>11AM–12pm Grief Support Group Meeting ID: 869 4707 2536 Passcode: AirSteuben</p>	<p>6PM–7PM Recovery Dharma Meeting ID: 886 9381 7107 Passcode: AirSteuben</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.*

January 2025- Weekend Events

Stay up to date on all of these events and more by visiting our Facebook page! @AIRAdventuresInRecovery

134 Main Street, Dansville, NY | 456 E. Church Street, Elmira, NY 14901 | 201 S. Union Street, Olean, NY 14760 | 54 Liberty Street, Bath, NY

1/11 RATTLESNAKE HILL LOOP HIKE

12pm Rattlesnake Hill Loop Trailhead. 3788 Dannack Hill Rd. Dansville NY 14437. We will be hiking over varied terrain with multiple hills 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 January 9th. Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville. Email Jess at jshaffer@casa-trinity.org if you are interested in carpooling from The Center in Bath. Email Emily esindoni@casa-trinity.org or call/text her at (607) 738–4966 if you are interested in carpooling from Elmira.

1/18 ICE SKATING IN CORNING

1pm Nasser Civic Center Ice Rink, Corning NY. Spots are limited for this event so please RSVP by emailing Emily at esindoni@casa-trinity.org. Come on out and join us for our annual ice–skating event!! If you are interested in carpooling options from our different AIR Centers we will need to know by January 16th. Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville. Email Jess at jshaffer@casa-trinity.org if you are interested in carpooling from The Center in Bath. Email Emily esindoni@casa-trinity.org or call/text her at (607) 738–4966 if you are interested in carpooling from Elmira.

1/25 TAUGHANNOCK FALLS HIKE

12pm Taughannock Falls State Park Gorge Trail. 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 November 27th. Email Sean at ssmith@casa-trinity.org if you are interested in carpooling from The Center in Dansville. Email Jess at jshaffer@casa-trinity.org if you are interested in carpooling from The Center in Bath. Email Emily esindoni@casa-trinity.org or call/text her at (607) 738–4966 if you are interested in carpooling from Elmira.

