




May 2026 - Livingston Co. Weekly Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p style="text-align: center;">CLOSED</p> <hr/> <p style="text-align: center;">6:30PM–8PM Y12SR Ritz Mountain Yoga Studio, 24 Commercial St. Livonia, NY</p>	<p style="text-align: center;">12PM–5:30PM Open Gym</p> <hr/> <p style="text-align: center;">Lights and Leashes 12:30–1:30 May 12th and 26th</p> <hr/> <p style="text-align: center;">1PM–3PM Y12SR with Pam Yoga and 12 Step Meeting Lavender Fields Yoga Studio Located at 6519 Dantz Rd, Groveland NY</p> <hr/> <p style="text-align: center;">5PM–6:30PM Creative Writing with Alyssa In person or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p style="text-align: center;">5:30PM–6:30PM Fitness Class</p>	<p style="text-align: center;">12PM–7PM Open Gym</p> <hr/> <p style="text-align: center;">10AM–11AM Workforce Readiness Class 5/6 Every 1st Wednesday ONLY</p> <hr/> <p style="text-align: center;">1PM–3PM Recovery Walk/Run</p> <hr/> <p style="text-align: center;">5:30PM–6:30PM Mindful Yoga</p>	<p style="text-align: center;">12PM–5:30PM Open Gym</p> <hr/> <p style="text-align: center;">10:30AM–11:30PM Triple P Parenting Class</p> <hr/> <p style="text-align: center;">12:30PM–1:30PM Lights and Leashes with Leeann May 7th and 21st</p> <hr/> <p style="text-align: center;">3PM–5PM Community Cleanup Project May 7th Location TBD. If interested, please email asick@casa-trinity.org</p> <hr/> <p style="text-align: center;">5:30PM–6:30PM Art Class</p> <hr/> <p style="text-align: center;">5:30PM–6:30PM Beginner Fitness Class</p> <hr/> <p style="text-align: center;">7PM–8PM AI–Anon Meeting In person or on Zoom. Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p style="text-align: center;">12PM–7PM Open Gym</p> <hr/> <p style="text-align: center;">12PM–1PM Mindful Meditation</p> <hr/> <p style="text-align: center;">1:30PM–2:30PM Book Club Email Alyssa, asick@casa-trinity.org if interested</p> <hr/> <p style="text-align: center;">3PM–5PM Family Fun Game Night</p> <hr/> <p style="text-align: center;">4PM–5PM Crochet Club w/ Amy B.</p> <hr/> <p style="text-align: center;">5:30PM–6:30PM Sound Bowl Healing May 8th & 22nd only</p> <hr/> <p style="text-align: center;">5:30PM–7PM Night Hike Carpooling from Center available. Contact Alyssa at asick@casa-trinity.org for trail location</p>	<p style="text-align: center;"><i>Saturday weekly outdoor events Check our FB page or attached event list for details, locations, and carpooling options.</i></p> <hr/> <p style="text-align: center;"><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;">  <p>THE CENTER A SAFE SPACE FOR ADULTS AND FAMILIES 134 Main Street Dansville, NY 14437</p> </div>

AIR Livingston County is located at 134 Main St, Dansville, NY | Open Tuesday–Friday 12pm–7pm | AIR Contact: Alyssa Sick | asick@casa-trinity.org

Be sure to follow us on Facebook and Instagram to stay connected! @AIRAdventuresInRecovery



May 2026 - Steuben Co. Weekly Calendar






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>12PM–7PM Open Gym</p> <hr/> <p>2PM–3:30PM Community Clean-Up May 25th</p> <hr/> <p>2:30PM–3:30PM Empowering Your Sober Self</p> <hr/> <p>3:30PM–4:30PM Community Walk</p> <hr/> <p>5:00PM–6:30PM Recovery Dharma In person or on Zoom. Meeting ID: 812 6093 3744 Passcode: 598501</p> <hr/> <p>7PM–8PM Men’s Recovery Meeting. In person or on Zoom. Meeting ID: 834 7049 2476 Passcode: AirSteuben</p>	<p>12PM–7PM Open Gym</p> <hr/> <p>12PM–1PM Book Club: Email Jess at jshaffer@casa-trinity.org if interested In person or on Zoom. SEE HYBRID CAL. FOR INFO!</p> <hr/> <p>2PM–3PM Peer Support Group</p> <hr/> <p>5PM–6PM Couch To 5k Running Group</p> <hr/> <p>6PM–7PM Strength Training</p> <hr/> <p>6PM–7PM Hornell Book Club at New Hope Community Center</p> <hr/> <p>6:45PM–7:45PM The Women’s Circle AA Women’s Meeting In person or zoom Meeting ID: 833 6717 2767 Passcode: 450764</p>	<p>12PM–7PM Open Gym</p> <hr/> <p>12PM–1:00PM Crystal Meth Anonymous In person and on Zoom Meeting ID: 875 2627 5787 Passcode: 090781</p> <hr/> <p>2PM–3PM Guided Meditation</p> <hr/> <p>4PM–5PM Bible Study In person or on zoom Meeting ID: 840 9687 3152 Passcode: 013939</p> <hr/> <p>5:30PM–6:30PM Arts and Crafts with Shannon</p>	<p>12PM–5PM Open Gym</p> <hr/> <p>10AM–11AM Workforce Readiness Class 5/15 Every 3rd Friday only</p> <hr/> <p>2PM–3PM Open Art <i>Supplies provided</i></p> <hr/> <p>3PM–4PM Strength Training</p> <hr/> <p>5:30PM–7PM Night Hike Carpooling from Center available. Sign up required. Contact Jessica, 585–519–3698 for trail location.</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> <div style="text-align: center;">  <p>THE CENTER A SAFE SPACE FOR ADULTS AND FAMILIES 54 Liberty Street Bath, NY 14810</p> </div>

AIR Steuben County is located at 54 Liberty Street, Bath, NY 14810 | AIR Contact: Jessica Shaffer | jshaffer@casa-trinity.org

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May 2026 - Chemung Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>10AM–5PM Open Gym</p> <hr/> <p>12PM–2PM Open Arts and Crafts <i>Supplies provided!</i></p> <hr/> <p>4PM–5PM Beginner Fitness w/ Emily</p> <hr/> <p>6PM–7PM Crystal Meth Anonymous</p>	<p>10AM–6PM Open Gym</p> <hr/> <p>1PM–2PM 180° Meeting (Treatment Court Participants Only)</p> <hr/> <p>5PM–6PM Get Hooked Crochet Club <i>Beginner supplies provided!</i></p>	<p>10AM–5PM Open Gym</p> <hr/> <p>11AM–12PM Bible Study w/ Ashley</p> <hr/> <p>2PM–3:30PM The Four Agreements Workshop</p> <hr/> <p>5PM–6PM YOUTH ONLY Workout Wednesday</p> <p>Application assistance for housing, employment, etc. Monday – Thursday from 11AM–3PM</p>	<p>10AM–6PM Open Gym</p> <hr/> <p>11AM–12:30PM Narcotics Anonymous “Learning To Live”</p> <hr/> <p>12:30PM–1PM Beginner Yoga</p> <hr/> <p>1PM–2PM Relationship Recovery</p> <hr/> <p>4:30PM–5:30PM Alcoholics Anonymous Open Discussion</p>	<p><i>The Center is closed. Join us for community service!</i></p> <p>COMMUNITY SERVICE</p> <p>11AM–3PM  May 8th The Neighborhood Transformation Center</p> <hr/> <p>9AM–1PM  May 15th Preparing and serving lunch. Elmira Community Kitchen, 160 High St., Elmira, NY 14901.</p> <hr/> <p>8:30AM–12PM May 22th  Food Bank Transportation from Center provided. Registration Required! Email Ifisher@casa- trinity.org</p> <p>Friday community  service requires closed toed shoes, clothes you can get dirty.</p>	<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 IS LOCATED AT 456 E. CHURCH STREET, ELMIRA, NY 14901 | OPEN MONDAY 10AM–5PM, TUESDAY–THURSDAY 10AM–6PM

AIR Contact: Emily Sindoni | esindoni@casa-trinity.org | (607) 738–4966.

Be sure to follow us on Facebook and Instagram to stay connected! @AIRAdventuresInRecovery



May 2026 - Cattaraugus Co. Weekly Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>CLOSED</p> <hr/> <p>11:30AM–12:30PM Drug Court Support Group Lower level of building in Pool Table Room</p> <hr/> <p>5:30PM–6:30PM Odds and Ends All Recovery Lower level of building in Pool Table Room</p>	<p>CENTER OPEN 8:30AM–4PM</p> <hr/> <p>12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760</p> <hr/> <p>Arts and Crafts 2–3pm</p> <hr/> <p>3PM–4PM Open Forum Recovery Meeting</p>	<p>CENTER OPEN 8:30AM–2PM 3:30PM–6:30PM</p> <hr/> <p>12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760</p> <hr/> <p>10AM–11AM Workforce Readiness Class 5/13 2nd Wednesday ONLY</p> <hr/> <p>2PM–3PM Recovery Dharma</p> <hr/> <p>3PM–4PM Board Games</p> <hr/> <p>5:30PM–6:30PM Mental Health Support Group</p>	<p>CENTER OPEN 8:30AM–4:30PM</p> <hr/> <p>12PM–1PM AA</p> <hr/> <p>12:30PM–2:30PM GED Class at the Manny Hanny Building, 101 North Union St., Ste 105, Olean, NY 14760</p> <hr/> <p>2PM–3PM Creative Writing</p> <hr/> <p>3:30PM–4:30PM All Recovery Meeting</p>	<p>CENTER OPEN 8:30AM–12PM</p> <hr/> <p>11AM–12PM SMART Recovery</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> <div style="text-align: center;">  <p>THE CENTER A SAFE SPACE FOR ADULTS AND FAMILIES 201 S. Union Street Olean, NY 14760</p> </div>

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 S. Union St., Olean, NY 14760.

For Saturday weekly outdoor events, check our FB page or attached event list for details, locations, and carpooling options. Email any questions to Mindy at mvail@casa-trinity.org



AIR 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>5PM-6PM Creative Writing with Alyssa Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>5:00PM-6:30PM Recovery Dharma Meeting ID: 812 6093 3744 Passcode: 598501</p> <hr/> <p>7PM-8:00PM Men's Recovery Meeting Meeting ID: 834 7049 2476 Passcode: AirSteuben</p>	<p>12PM-1PM Book Club Email Jess at jshaffer@casa-trinity.org if interested. Meeting ID: 871 1346 1498 Passcode: AirSteuben</p> <hr/> <p>12:30PM-1:30PM All Recovery Meeting Meeting ID: 891 6632 4197 Passcode: 309304</p> <hr/> <p>6:45PM-7:45PM The Women's Circle AA Meeting ID: 833 6717 2767 Passcode: 450764</p>	<p>12PM-1:00PM Crystal Meth Anonymous Meeting ID: 875 2627 5787 Passcode: 090781</p> <hr/> <p>7PM-8PM AI-Anon Meeting Meeting ID: 891 6632 4197 Passcode: 309304</p>	<p>6PM-7PM Big Book Study In Person and Zoom Meeting ID: 860 0882 5405 Passcode: 752179</p>	

*****OLEAN ONSITE MEETINGS – IF IT IS YOUR FIRST GROUP AT THE MANNY HANNY BUILDING, 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.*

May 2026 - Weekend Events

5/2 WALK A MILE IN MY SHOES SUICIDE AWARENESS WALK

12PM. Eldridge Park, Elmira NY. The city of Elmira will be hosting their Annual Walk a Mile in My Shoes Suicide Awareness Walk. Registration will open at 9am the day of the event. It is free to register and do the walk, but if you want a tee-shirt, it will cost extra. We will be there showing support and waging the route. Please dress for the weather and wear appropriate footwear. Bring enough water and snacks to sustain you for the duration of the trip.

5/9 BASKETBALL GAME AND DODGEBALL

12pm – Foursquare Church Community Center, Dansville NY. Come on out for a day of basketball and dodgeball with friends. All ability levels welcome! Grab your friends and family and come out and join the fun!

5/16 HIDDEN WATERFALL HIKE IN ALLEN STATE FOREST

12PM Hidden Falls Hike Trailhead, Saunders Rd. Belfast NY. Expect to hike 2–3 hour hike in various terrain, so please dress for the weather and wear appropriate footwear. Bring enough water and snacks to sustain you for the duration of the trip.

5/23 BBQ, KAYAKING AND PADDLEBOARDING AT KEUKA LAKE STATE PARK

12PM – Keuka Lake State Park, meeting at first large parking lot on the right after entering park. We will be celebrating Memorial day with a BBQ and fun on the water. A dish to pass is appreciated but not required. Grab your family and friends and come join the fun. There is a playground and we will also have lawn games.

5/30 BLACK DIAMOND TRAIL BICYCLING TRIP

12 pm– Meeting at Cass Park at 121 Turtle Lane Ithaca NY. We will be biking from Cass Park in Ithaca to the overlook at Taughannock Falls. This is an out and back trail with a slight incline on the way out and slight downhill heading back. Please bring enough water and snacks to sustain you for a 2–3 hour bike trip. Helmets are required. If you are in need of a helmet or bicycle please reach out to your local AIR Center. Contact info is at the bottom of this page.

If you are interested in carpooling options from our different AIR Centers we will need to know 48 hours prior to trip!

SIGN UP AT YOUR LOCAL CENTER OR SEND US AN EMAIL!

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

Cattaraugus: Email Mindy, mvail@casa-tinity.org | **Steuben:** Email Jess, jshaffer@casa-trinity.org

Livingston: Email Alyssa, asick@casa-trinity.org | **Chemung:** Email Emily, esindoni@casa-trinity.org

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

