

Pantry Hours
Tuesday, Wednesday
and Thursday 12:30-2pm

August 2024

Call 914-345-5900 Ext 7100 and speak with
 Valerie about an event or to sign up for a
 social

SCC Hours

Tues 9-3

Wed 9-3

Thurs 9-3

Computer Lab Open Till 4pm
Mon, Tues, Wed, & Thurs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28 All SCC Activities Are Subject to Change	July 29 <u>Online Groups</u> 1-2 Mindfulness	July 30 10:30 Meditation 11-12 Café Art 11-12 Improving Comm 1-2 Our Experiences 1-2 Women's Group 2-3 Culture	July 31 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Canvas of Chng 1-2 Living w/ Loss 2-3 Live Music	1 10:30 Meditation 11-12 Creative Discussion 11-12 Knit & Crochet 1-2 Acting w/ Amy 1 -2 Music Group 2-3 Leveraging Life Skills	2 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	3 Social Golden Corral 11:30-2:30
4 Social Indian Cultural Heritage Kensico Dam 11:30-2:30	5 <u>Online Groups</u> 1-2 Mindfulness	6 10:30 Meditation 11-12 Town Hall 1-2 Our Experiences 1-2 Women's Group 2-3 Advisory Board	7 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Harmony Healing	8 10:30 Meditation 11-12 Creative Discussion 11-12 Beyond Mindfulness 1-2 Acting w/ Amy 1 -2 Music Group 2-3 Leveraging Life Skills	9 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	10 No Social Saturday
11	12 <u>Online Groups</u> 1-2 Mindfulness	13 OSI Volunteer Visitor Day. Activities and free food Sterling and transportation open regular hour 9-3	14 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Harmony Healing	15 10:30 Meditation 11-12 Creative Discussion 11-12 Knit & Crochet 1-2 Acting w/ Amy 1 -2 Music Group 2-3 Leveraging Life Skills 3:30 pm PFAC	16 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	17 Social Gateway Shopping Center Port Chester 11:30-2:30
18 Social Jewish Cultural Heritage Festival 11:30-2:30	19 <u>Online Groups</u> 1-2 Mindfulness	20 10:30 Meditation 11-12 Library Trip 11-12 Improving Comm 12:15 DEI 1-2 Our Experiences 1-2 Women's Group 2-3 Culture	21 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-Art Workshop 2-3 Harmony Healing 2-3 Advisory Board	22 10:30 Meditation 11-12 Creative Discussion 11-12 Beyond Mindfulness 1-2 Acting w/ Amy 1 -2 Music Group 2-3 Leveraging Life Skills	23 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	24 Social Sal's Pizza Mamaroneck, NY 11:30-2:30
25	26 <u>Online Groups</u> 1-2 Mindfulness	27 10:30 Meditation 11-12 Dollar Store 11-12 Improving Comm 1-2 Our Experiences 1-2 Women's Group 2-3 Culture	28 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Harmony Healing	29 10:30 Meditation 11-12 Creative Discussion 11-12 Beyond Mindfulness 1-2 Acting w/ Amy 1 -2 Music Group 2-3 Leveraging Life Skills	30 <u>Online Groups</u> 12-12:45 Lunch Hour Support 1-2 Open Mic	31 Social City Island Bronx 11:30-2:30

Transportation Number
914-512-4170

Zoom Group ID 8243571048
Passcode 2929

Guidelines for Personal Behavior at 29 Sterling

1. Use courtesy and respect toward all participants of the Sterling Community
 - a. Remember, the community includes everyone who works in the building, as well as those attending other programs!
2. We like to respect each other's privacy.
 - a. We all have the right to tell our own story
 - b. "Nothing about us without us"
3. We are all responsible for our words, behaviors, and reactions
 - a. Think first, then act
4. We all have a part in making Sterling a better place to be
 - a. By showing respect for the people, spaces, and resources
 - i. Cleaning up when needed, especially our messes
 - b. Keeping good personal hygiene, appropriate dress, etc.
 - c. Respecting our volunteers
5. We aspire to be a safe space – somewhere everyone is welcome and comfortable.
 - a. Discrimination, in any form, is not welcome
 - b. We address each other, and speak to each other with respect
 - c. Threats or violence of any kind are not tolerated.
 - d. Respect others boundaries – listen to what they say
 - e. Avoid asking to borrow money, cigarettes, ect.
6. Be assertive about expressing a need for boundaries
 - a. Ask staff for assistance if you feel uncomfortable.
7. Consider walking away from situations/other when there are unresolvable differences – or asking staff to mediate
8. Go to a staff member with any specific concerns or urgent situations- remember there is always someone at the front desk