

September 2024

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

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
1 All SCC Activities Are Subject to Change	2 <u>Sterling Closed</u> for Labor Day 	3 Meditation 10:30 11-12 Town Hall 1-2 Our Experiences 1-2 Women's group 2-3 Culture	4 Meditation 10:30 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 1-2 Living w/ Loss 2-3 Harmony Healing	5 Meditation 10:30 11-3 Labor Day Cook-Out 1-2 Acting with Amy	6 <u>Online Groups</u> 12-1 Intro to WHAM tools 1-2 Open Mic	7 Social Flaming Grill Mount Vernon 11:30-2:30
8 Social Arthur Avenue Bronx 11:30-2:30	9 <u>Online Groups</u> 1-2 Mindfulness	10 Meditation 10:30 11-12 Dollar Store 11-12 Improving Comm 1-2 Our Experiences 1-2 Women's group 2-3 Advisory Board	11 Meditation 10:30 11-2pm Bruce Museum 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 1-2 Living w/ Loss 2-3 Harmony Healing	12 Meditation 10:30 11-12 Creative Discussion 11-12 Beyond Mindfulness DEI 12:15 1 -2 Music Group 1-2 Acting with Amy 2-3 Leveraging Life Skills	13 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	14 Social Wal-Mart Cortlandt 11-3:30
15 Diversity, equity, and inclusion (DEI) are organizational frameworks which seek to promote the fair treatment and full participation of all people	16 <u>Online Groups</u> 1-2 Mindfulness <u>In-Person Group</u> 2-3 pm <i>Self-Help And Moving Forward</i>	17 Meditation 10:30 11-12 Improving Comm 1-2 Our Experiences 1-2 Women's Group 2-3 Culture	18 Meditation 10:30 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 1-2 Living w/ Loss 2-3 Harmony Healing	19 Meditation 10:30 Sterling Point Dance <i>Live Music, Food, Community, and Fun Hang< dine< and Dance</i> Please RSVP with Valerie	20 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	21 Social San Gennaro Festival in Yorktown 11:30-2:30
22 Social Muscoot Farm Katonah 11:30-2:30	23 <u>Online Groups</u> 1-2 Mindfulness <u>In-Person Group</u> 2-3 pm <i>Self-Help And Moving Forward</i>	24 Meditation 10:30 11-12 Library Trip 11-12 Improving Comm 1-2 Our Experiences 1-2 Women's Group 2-3 Culture	25 Meditation 10:30 11-2 Norwalk Aquarium 11-12 Discovering Your Way 1-2 Living w/ Loss 2-3 Harmony Healing 2-3 Advisory Board	26 Meditation 10:30 11-12 Creative Discussion 11-12 Beyond Mindfulness 1 -2 Music Group 2-3 Leveraging Life Skills	27 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	28 Social Barnes and Nobles White Plains 11:30-2:30
29	30 <u>Online Groups</u> 1-2 Mindfulness <u>In-Person Group</u> 2-3 pm <i>Self-Help And Moving Forward</i>	1 Oct 11-12 Improving Comm 1-2 Our Experiences 2-3 Culture	2 Oct 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 1-2 Living w/ Loss 2-3 Harmony Healing	Oct 3 Meditation 11-12 Creative Discussion 11-12 Knit & Crochet 1 -2 Music Group 2-3 Leveraging Life Skills	Oct 4 <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	Oct 5 TBD
Transportation Number <u>914-512-4170</u>						Zoom <u>Group</u> <u>ID</u> 8243571048 <u>Passcode</u> 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