




# November 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
<b>27 Oct</b> <b>All SCC</b> <b>Activities Are</b> <b>Subject to</b> <b>Change</b>	<b>28 Oct</b> <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 2-3 pm <i>Self-Help</i> <i>And Moving Forward</i>	<b>29 Oct</b> 10:30 Meditation 11-12 Improving Comm 1-2 Our Experiences 2-3 Culture	<b>30 Oct</b> 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Harmony Healing	<b>31 Oct</b> 11-12 Creative Discussion 1 -2 Halloween Party	<b>1</b> <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	<b>2 Social</b> Flaming Grill 11:30-2:30
<b>3</b> 	<b>4</b> <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 2-3 pm <i>Self-Help</i> <i>And Moving Forward</i>	<b>5</b> Meditation 10:30 11-12 Town Hall 1-2 Our Experiences 2-3 Culture	<b>6</b> Meditation 10:30 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Harmony Healing	<b>7</b> Meditation 10:30 11-12 Creative Discussion 11-12 Beyond Mindfulness 1 -2 Music Group 2-3 Leveraging Life Skills	<b>8</b> <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	<b>9 Social</b> Gateway Shopping Center Port Chester, NY 11:30- 2:30pm
<b>10</b>	<b>11</b> <u>Veterans</u> <b>Day</b> Sterling Closed	<b>12</b> Meditation 10:30 11-12 Improving Comm 1-2 Our Experiences 1-2 Exploring Empowerment 2-3 <b>Advisory Board</b>	<b>13</b> Meditation 10:30 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Harmony Healing	<b>14</b> 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group 2-3 Leveraging Life Skills	<b>15</b> <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	<b>16 Social</b> Sal's Pizza Mamaroneck 11:30- 2:30pm
<b>17</b> 	<b>18</b> <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 2-3 pm <i>Self-Help</i> <i>And Moving Forward</i>	<b>19</b> Meditation 10:30 11-12 Improving Comm 12:15 <b>DEI</b> 1-2 Our Experiences 1-2 Exploring Empowerment 2-3 Culture	<b>20</b> Meditation 10:30 <b>Day One of Sterling</b> <b>Thanksgiving</b> <b>Dinner</b> Sterling Open at 10:30 am closes at 3pm	<b>21</b> Meditation 10:30 <b>Day Two of Sterling</b> <b>Thanksgiving</b> <b>Dinner</b> Sterling Open at 10:30 am closes at 3pm	<b>22</b> <u>Online Groups</u> 12-1 Intro to WHAM Tools 1-2 Open Mic	<b>23 Social</b> Barnes & Nobles 11:30-2:30
<b>24</b>	<b>25</b> <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 2-3 pm <i>Self-Help</i> <i>And Moving Forward</i>	<b>26</b> Meditation 10:30 11-12 Library Trip 11-12 Improving Comm 1-2 Our Experiences 1-2 Exploring Empowerment 2-3 Culture	<b>27</b> Meditation 10:30 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Harmony Healing	<b>28</b> Thanksgiving Day <u>Sterling Closed</u> 	<b>29</b> <u>Sterling Closed</u>	<b>30</b> No Social

**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