

Pantry Hours  
Tuesday & Thursday 12-1pm  
Wednesday 12:30-2pm

# May 2025

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

SCC Milieu Hours

Tues 9-3

Wed 9-3

Thurs 9-3

Computer Lab Open Till

4:25pm Mon-Thurs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April 27</b> <b>All SCC Activities Are Subject to Change</b>	<b>April 28</b> <b>In-Person Groups</b> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	<b>April 29</b> 1-2 Exploring Empowerment 2-3 Culture	<b>April 30</b> 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 concerts in Motion 2-3 Our Experiences	<b>1</b> 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group 2-3 Leveraging Life Skills	<b>2</b> <b>Online Groups</b> 1-2 Open Mic	<b>3 Social</b> Clairmont Diner, Yonkers 11:00-2:00
<b>4 Social</b>	<b>5</b> <b>In-Person Groups</b> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	<b>6</b> 10:30 Meditation 11-12 Town Hall Meeting 12:30 Anthony's Art Group 1-2 Exploring Empowerment <b>2-3 Advisory Board</b>	<b>7</b> 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Our Experiences	<b>8</b> 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group 2-3 A Journey Through Instruments 2-3 Leveraging Life Skills	<b>9</b> <b>Online Groups</b> 1-2 Open Mic	<b>10 Social</b> Golden Corral 11:30-2:30
<b>11 Social</b> Muscoot Farms Katohnah 11:30-2:30	<b>12</b> <b>In-Person Groups</b> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	<b>13</b> 10:30 Meditation 11-12 Improving Comm 12:30 Anthony's Art Group 1-2 Exploring Empowerment 2-3 Culture	<b>14</b> 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Our Experiences	<b>15</b> 10:30 Meditation 11-12 Creative Discussion 1 pm <b>PFAC</b> 1 -2 Music Group 2-3 Leveraging Life Skills	<b>16</b> <b>Online Groups</b> 1-2 Open Mic	<b>17 Social</b> Walmart Cortlandt Manor 11:30-2:30
<b>18 Social</b> Polish Heritage Festival @ Kensico Dam Plaza 11:30-2:30pm	<b>19</b> <b>In-Person Groups</b> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	<b>20</b> 10:30 Meditation 11-12 Improving Comm 12:30 Anthony's Art Group 1-2 Our Experiences 2-3 Culture	<b>21</b> 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way  <b>12-2 Memorial Day Luncheon</b>	<b>22</b> 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group <b>2-3 Advisory Board</b> 2-3 Leveraging Life Skills	<b>23</b> <b>Online Groups</b> 1-2 Open Mic	<b>24 Social</b> Salvation Army Thrift Store Port Chester 11:30-2:30
<b>25</b>	<b>26</b> <b>SCC Closed Memorial Day</b>	<b>27</b> 10:30 Meditation 11-12 Improving Comm 1-2 Our Experiences 2-3 Culture	<b>28</b> 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop	<b>29 May</b> 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group 2-3 Leveraging Life Skills	<b>30 May</b> <b>Online Groups</b> 1-2 Open Mic	<b>31 May</b> Asian-American Heritage Festival Kensico Dam Plaza 11:30-2:30

Transportation Number  
914-512-4170

Inclement weather delays/closure:  
Call 914-345-5900 x7100 for a recorded msg

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