

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

February 2026

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

4:15 pm Mon-Thurs

All SCC Activities Are Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Social A Concise History of Classical Music Greenburgh Library 12-3pm	2 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	3 10:30 Meditation 11-12 Town Hall 1-2 Our Experiences 2-3 Culture	4 Peer Specialist Forum Sterling Closed	5 10:30 Meditation 11-12 Write Please! 1-2 Healthy Relationships & Connections 2-3 Music Group	6 <u>Online Groups</u> 1-2 Open Mic	7 Social Flaming Grill Mount Vernon 11:30-2:30pm
9	9 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	10 10:30 Meditation 11-12 Improving Communication 12:30 Anthony's Art Group 1-2 Our Experiences 2-3 Advisory Board	11 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	12 Valentine's Day Celebration 11-4pm Transportation leaves at 3pm	13 <u>Online Groups</u> 1-2 Open Mic	14 Social Scarsdale Plaza 11:30-2:30
15	16 <u>Sterling Closed</u> Presidents Day	17 10:30 Meditation 11-12 Improving Communication 12:30 Anthony's Art Group 1-2 Our Experiences 2-3 Culture	18 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	19 10:30 Meditation 11-12 11-12 Write Please! 1-2 PFAC 2-3 Role Playing 2 -3 Music Group Cafe	20 <u>Online Groups</u> 1-2 Open Mic	21 Social Pizza Beat Scarsdale 11:30-2:30
22 Social Concert: Sings Songs of Love Greenburgh Library 12:30-3:30 pm	23 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	24 10:30 Meditation 11-12 Improving Communication 12:30 Anthony's Art Group 1-2 Our Experiences 2-3 Culture	25 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	26 10:30 Meditation 11-12 Write Please! 1-2 Healthy Relationships 2-3 Advisory Board	27 <u>Online Groups</u> 1-2 Open Mic	28 Social Hudson River Museum Origami, Calligraphy, and Yarn Workshop 12-3pm

Transportation
Kenza 914-512-4170
Tyrone 914-916-0293

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, etc.
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