

SCC Pantry Hours  
 Tuesday & Thursday 12-1pm  
 Wednesday 12:30-2pm  
 All SCC Activities Are Subject to  
 Change

# May 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 26	April 27 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	April 28 Sterling Closed Staff Training	April 29 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 <b>Moving Forward</b>	April 30 10:30 Meditation <b>11-12 Write Please!</b> 1-2 Healthy Relationships & Connections 2-3 Music Group	1 <u>Online Groups</u> 12-1 Open Mic	2 <b>Social</b> Peekskill Cherry Blossom festival 11:30-2:30
3	4 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	5 11-12 Town Hall 12-2 Cinco de Mayo BBQ	6 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	7 10:30 Meditation 11-12 Write Please! 1-2 Healthy Relationships <b>2-3 Advisory Board</b> 2-3 Music Group	8 <u>Online Groups</u> 12-1 Open Mic	9 <b>Social</b> Walmart Cortlandt Manor 11:30-2:30pm
10	11 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	12 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 <b>Culture</b>	13 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 <b>Moving Forward</b>	14 10:30 Meditation 11-12 Write Please! 1-2 Healthy Relationships & Connections 2-3 Music Group	15 <u>Online Groups</u> 12-1 Open Mic	16 <b>Social</b> Scarsdale Plazza 11:30-2:30pm
17	18 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	19 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 <b>Culture</b>	20 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 <b>Moving Forward</b>	21 10:30 Meditation 11-12 Write Please! 1-2 Health Relationships <b>2-3 Advisory Board</b> 2-3 Music Group Cafe	22 <u>Online Groups</u> 12-1 Open Mic	23 <b>Social</b> Popeyes Louisiana Kitchen Scarsdale 11:30-2:30pm
24/31	25 Memorial Day SCC Closed	27 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 <b>Culture</b>	27 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 <b>Moving Forward</b>	28 Spring Fling/Chalk the Walk	29 <u>Online Groups</u> 12-1 Open Mic	30 <b>Social</b> Pizza Beat Scarsdale 11:30-2:30pm

Transportation  
 Kenza 914-512-4170  
 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, 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