

Pantry Hours

Tuesday & Thursday 12-1pm

Wednesday 12:30-2pm

All SCC Activities Are Subject to Change

September 2026

Call 914-345-5900 Ext 7100 and speak with the Front Desk 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
Augus 30 	August 31 <u>In-Person</u> <u>Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	1 10:30 meditation 11-12 Town Hall 1-2 Our experiences 2-3 Advisory Board	2 10:30 meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Moving Forward	3 10:30 meditation 11-12 Women's Group 12:30-2 Art Workshop 2-3 Music Group	4 <u>Online</u> <u>Groups</u> 1-2 Open Mic	5 Flaming Grill 11:30-2:30
6	7 <u>Labor Day</u> <u>Sterling Closed</u>	8 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 Culture	9 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	10 10:30 Meditation 11-12 Women's Group 12:30-2 Art Workshop 2-3 Music Group	11 <u>Online</u> <u>Groups</u> 1-2 Open Mic	12 Social Walmart Cortlandt Manor 11:30-2:30
13	14 <u>In-Person</u> <u>Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	15 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 Culture	16 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	17 Alliance for Rights and Recovery Regional Forum 12-3	18 <u>Online</u> <u>Groups</u> 1-2 Open Mic	19 Social Peekskill Market 11:30-2:30
20	21 <u>In-Person</u> <u>Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	21 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 Culture	23 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	24 10:30 Meditation 11-12 Women's Group 12:30-2 Art Workshop 2-3 Music Group	25 <u>Online</u> <u>Groups</u> 1-2 Open Mic	26 Social Scarsdale Plaza 11:30-2:30
27	28 <u>In-Person</u> <u>Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	29 10:30 Meditation 11-12 Improving Communication 1-2 Our Experiences 2-3 Culture	30 10:30 Meditation 11-12 Words Connect Us 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Moving Forward	Oct 1 11-12 Women's Group 12:30-2 Art Workshop 2-3 Music Group	Oct 2 <u>Online</u> <u>Groups</u> 1-2 Open Mic	Oct 3 Social TBD

Transportation
914-512-4170 Kenza

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

Forum Sept 17
upcoming events

Labor day close
Laid

• Cursing at staff
loud phones

Food in ARB - NO NO NO
unless on a flow

of scheduled party

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

Q's about transpo
me + Paula
gossip