

S u n	Monday	Tuesday	Wednesday	Thursday	Friday	S a t
	June 29 th – Sodus Beach State Park – Pack Lunch June 30 th – Seneca Park Zoo – Pack or Buy Lunch Cost: \$1 w. EBT \$16		1 NAMI & In Our Own Voice Presentations (in-person) Leaving 9am Yates Co. Auditorium 10am-3pm Lunch Provided Must Register by 6/25!	2 Second Half of the Year Day Walking Group 9am Check Container Garden & Game Day 1pm Recovery Center	3 We will be closed on FRIDAY, JULY 3RD for the holiday. 	4
5	6 Container Garden, Coloring & Coffee 9am Recovery Center Walking Group 2pm	7 National Day of Rock n' Roll Traveling Tuesday Hidden Valley Animal Adventure Safari Tour Leaving 8:45am Limited Seats RSVP ASAP! hiddenvalleynature.com/ Varysburg, NY 585.535.4100	8 National Blueberry Day Pick Blueberries w. Polly 9am Sugar Shack Farm, Penn Yan Fishing w. Kaye 9am Cayuga Lake State Park, Seneca Falls Container Garden, Coloring & Coffee 2pm Recovery Center	9 Monthly Grocery Fun Run 9am Canandaigua Area	10 Walking Group 9am Afternoon Coffee Break 1pm Recovery Center Monthly Meeting 1:30pm Recovery Center Teams	11
12	13 Container Garden, Coloring & Coffee 9am Recovery Center Open Swim: 1pm-2:30pm Northeast College of Health Sciences Leaving 12:30pm YOU MUST BE REGISTERED BEFORE ATTENDING, SEE HEATHER FOR AGREEMENT FORMS & MORE INFO.	14 Staff Meeting 8:30 –10am Coffee & Chat 10am New Member Day Recovery Center World Watercolor Month Art w. Heather 2pm Recovery Center	15 National Hot Dog Day Cook Out Kershaw Park, Canandaigua Final Details TBD	16 LAKE DAY!!! Fair Haven Beach State Park Pack Lunch & Don't Forget the Sunscreen! Leaving 10am Swimming Opens 11am https://parks.ny.gov/visit/state-parks/fair-haven-beach-state-park	17 Sauder's Run 9am Check Container Garden & Funday Friday 1pm Game Day Recovery Center	18 Comm BBQ
19	20 Container Garden Coloring & Coffee 9am Recovery Center Stop at Center of Concern on the Way Home Geneva Residents Art/Craft w. Kaye 2pm	21 CLOSED ALL DAY EMPLOYEE Appreciation Day	22 LAKE DAY!!! Deep Run Beach Pack Lunch & Don't Forget the Sunscreen! Leaving 10am 4300 East Lake Road Canandaigua Call to Confirm Beach is Open 586-396-4000	23 Under the Sea Globes w. Heather 10am Recovery Center Go to Mr. Twistee's for National Vanilla Ice Cream & Sprinkle Days 2pm You Pay, Menu: https://sites.google.com/a/goldsmithlink.com/mrtwistees/	24 International Self-Care Day Walking Group 9am Check Container Garden & Self – Care Activities 1pm Recovery Center	25
26 ADA Day	27 Container Garden, Coloring & Coffee 9am Recovery Center Open Swim: 1pm-2:30pm Northeast College of Health Sciences Leaving 12:30pm YOU MUST BE REGISTERED BEFORE ATTENDING, SEE HEATHER FOR AGREEMENT FORMS & MORE INFO.	28 World Nature Conservation Day Coffee & Chat 9am FLX Visitor Center Take a Walk at Bishop Nature Preserve for World Nature Conservation Day 1pm	29 Art/Craft w. Polly 9 am Container Garden, Coloring & Coffee 2pm Recovery Center	30 Watkins Glen State Park Pool Pack Lunch & Don't Forget the Sunscreen! Leaving 10am Pool Opens at 12pm https://parks.ny.gov/visit/state-parks/watkins-glen-state-park	31 Walking Group 9am Check Container Garden & Birthdays & Celebrations 1pm Recovery Center	

Staff Contact Information: Polly – Desk: 315.787.0458 Cell: 315.835.1500 | Kaye – Desk 315.787.01459 Cell: 315.835.1621 | Heather – Desk: 315.332.6074

AspireHope NY Inc.

NAMI
National Alliance on Mental Illness

July 1st 2026 10am-3pm

2 PRESENTATIONS

Two presentations: a brief overview of NAMI followed by In Our Own Voice, an open discussion about mental health aimed at reducing stigma.

SOUTHERN TIER PLAN

IN PERSON ONLY
REGISTER AT
STTPPEERTRAINING@ASPIREHOPE.ORG

LUNCH PROVIDED

YATES COUNTY BUILDING AUDITORIUM
417 LIBERTY ST. PENN YAN, NY 14527
LOCATED IN THE BASEMENT OF THE YATES COUNTY OFFICE BUILDING

If you're interested in attending the July 1st Aspire Hope NY NAMI presentation you need to let Heather know before she sends the group registration out at noon on June 29th. The event is from 10am – 3pm in Penn Yan lunch is provided when registered by RSVP



SEATING LIMITED SIGN – UP ASAP!
This is a safari drive-thru park, we've arranged to have two mini vans to allow the back windows to go down for those in the back to see the animals, some might even want their heads scratched, but we cannot get out of the van. The plan is to stop prior to the park to eat lunch, either pack or buy on the thruway. Recovery Center will cover \$10 of your entry, you will be responsible for the remainder \$9 for 18+ | \$7 seniors.

We will be closed
July 3rd for the 4th of July
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July 21st for Employee Appreciation Day



Recovery Center is inviting all programs to Celebrate National Hot Dog Day with us! Programs are asked to bring hot dogs & buns for their group along with a dish to pass, please reach out to Heather with questions! Recovery Center members RSVP by Monday July 13th



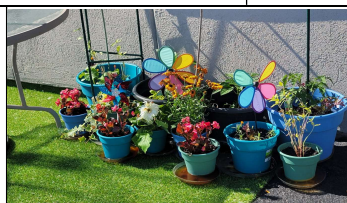
National Vanilla Ice Cream & Sprinkle Days
Join us at Mr. Twistee's You Pay, Menu:
<https://sites.google.com/a/goldsmithlink.com/mrtwistees/>



U-Pick Blueberries w. Polly
Sugar Shack Farms
E. Swamp Rd. Penn Yan
Bring a bag or container to bring your blueberries home.

Cost is by the pound, for more information call the Blueberry Hotline:
(585) 526-5442

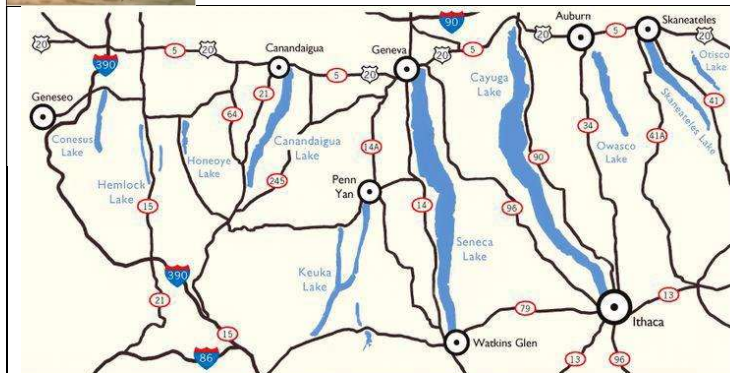
<https://business.yatesny.com/list/member/sugar-shack-blueberry-farm-penn-yan-291>



The 2026 Recovery Center Container Garden
We were unable to get our usual spot in the Town of Geneva Garden tilled this year. So, to turn lemons in to lemonade, we took this as an opportunity to learn about small space gardening by growing some vegetables and herbs in pots. Because of this the plants will need to be checked on and watered more often throughout the summer. This is on the calendar a couple of times a week as a reminder, however it would be a great idea to check to see if any plants need water every time we are on site.



Fishing w. Kaye
This is being offered as an alternate activity on July 8th at Cayuga Lake State Park in Seneca Falls. Please have your own gear and a valid fishing license.



How Many Can We Visit in 2026?



Northeast
College of Health Sciences

Open Swim information: Any individual wishing to attend must have completed the paperwork needed by the Health and Fitness Center Operations Manager prior to attendance. Please see Heather for forms.

Lake Days!

We want everyone to have a good time! Please plan accordingly, the plan is to spend the entire day (weather permitting) at each location. That means you will need to bring your lunch, enough drinks for the day, sunscreen, and any other supplies you might need. Think – folding camp chair, towel, swimsuit, battery charger for your phone or headphones, book to read, sneakers for hiking, or fishing pole. Some parks have concessions, remember these are weekdays though, and they might not be open.