

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 National Words Matter Week	2 National Egg McMuffin Day McDonalds for Egg McMuffin Day 9:30am Geneva McDonalds, You Pay YouTube Chair Yoga – Aerobics 10:30am Recovery Center Coffee & Coloring 2pm Recovery Center	3 World Wildlife Day Traveling Tuesdays Free Coffee w. Byrne Dairy Mug 10am Castle St. Byrne Dairy Coffee & Chat 10:30am Afternoon Walking Group 2pm H&WS Fieldhouse Track	4 International Scrapbook Industry Day Quick Morning Walking Group 9am H&WS Fieldhouse Track Scrapbook Page w. Polly 1pm	5 No Morning Activity Today Afternoon Walking Group 2pm H&WS Fieldhouse Track	6 Dress in Blue Day for Colorectal Cancer Awareness  Closed Today	7
8 Daylight Saving Time National Procrastination Week	9 Monthly Grocery Shopping Fun Run 9am Seneca Falls: Aldi Dollar Tree Tops Plaza Savers LC NY Glenwood Sauder's Dollar General Save – A – Lot Closed End of February No Afternoon Activity Today	10 Traveling Tuesdays Free Coffee w. Byrne Dairy Mug 10:30am Castle St. Byrne Dairy Coffee & Chat w. New Member Orientation 11am Recovery Center Afternoon Walking Group 2pm H&WS Fieldhouse Track	11 Quick Morning Walking Group 9am H&WS Fieldhouse Track Recovery Center Spring (Deep) Cleaning Day 1pm	12 National Plant a Flower Day 2026 Recovery Center Community Garden Discussion w. Polly & Planting Flower Seeds w. Kaye 10am Recovery Center Afternoon Walking Group 2pm H&WS Fieldhouse Track	13 Quick Morning Walking Group 9am H&WS Fieldhouse Track Friday Afternoon Coffee Break 1pm Recovery Center & Calendar Planning Meeting 1:30pm Recovery Center & Teams	14 Pl Day = 3.14159265
15 Neurodiversity Celebration Week National Clean Out Your Closet & National Anonymous Giving Week	16 YouTube Chair Yoga – Aerobics 10am Recovery Center Prepare April Birthday Cards 11am Recovery Center Craft w. Kaye 2pm Recovery Center	17 St. Patrick's Day Traveling Tuesdays Free Coffee w. Byrne Dairy Mug 10am Castle St. Byrne Dairy Coffee & Chat 10:30am FLX Visitor Center Center of Concern 11:30am Afternoon Walking Group 2pm H&WS Fieldhouse Track	18 Awkward Moments Day Quick Morning Walking Group 9am H&WS Fieldhouse Track Coffee Break 1pm Colorectal Cancer Awareness Month Presentation w. UMRC Cancer Prevention Services 2pm Recovery Center	19 Art w. Heather 10am Recovery Center Afternoon Walking Group 2pm H&WS Fieldhouse Track	20 Spring (Vernal) Equinox Quick Morning Walking Group 9am H&WS Fieldhouse Track Friday Funday Potluck 12pm Decorating Egg Craft w. Polly (After Lunch) Recovery Center	21
22 World Day for Water National Cleaning Week	23 National Chia Day YouTube Chair Yoga – Aerobics 10am Recovery Center DIY Chia Pet Craft w. Heather 11am Recovery Center Coffee & Coloring 2pm Recovery Center	24 Traveling Tuesdays Free Coffee w. Byrne Dairy Mug 10am Castle St. Byrne Dairy Coffee & Chat w. New Member Orientation 10:30am Recovery Center Afternoon Walking Group 2pm H&WS Fieldhouse Track	25 Quick Morning Walking Group 9am H&WS Fieldhouse Track Craft w. Polly 1pm Recovery Center	26 Wear Purple for Epilepsy Awareness Road Trip! Leaving Geneva 9am Letchworth Ice Volcano 7 Letchworth State Park, Castile, NY 14427 Weather Permitting Bring Lunch Return Approx 3pm	27 Quick Morning Walking Group 9am H&WS Fieldhouse Track March Birthdays w. Movie 1pm Recovery Center	28
29	30 World Bipolar Day & Take a Walk in the Park Day YouTube Chair Yoga – Aerobics OR Walk in the Park 10am Recovery Center Weather Permitting Zen Monkey & Meditative Coloring w. Polly 2pm Recovery Center	31 National Crayon Day Traveling Tuesdays Free Coffee w. Byrne Dairy Mug 10am Castle St. Byrne Dairy Coffee & Chat 10:30am Afternoon Walking Group 2pm H&WS Fieldhouse Track			Staff Contact Information: Polly 315.787.0458 Kaye 315.787.0459 Heather 315.332.6074 Membership Application can be found at https://lakeviewhs.org/what-we-do/support-services/recovery-center.html	

March is: National Craft Month, National Colorectal Cancer Awareness Month, National Caffeine Awareness Month, National Frozen Food Month, March into Literacy Month, & Spiritual Wellness Month