

SUN	Mon	TUE	WED	THU	FRI	SAT
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3	U.S. COAST GUARD BIRTHDAY 4	5	6	7	8	9
	MEANDERING MONDAYS LEAVING 9AM  PLANNED PARK – SAMPSON STATE PARK – THIS MAY NEED TO CHANGE DUE TO WEATHER OR WATER CONDITIONS	GARDEN 9AM  GET COFFEE 10AM  MONTHLY CALENDAR PLANNING MEETING 11AM  SEPTEMBER B-DAY CARDS & MEDITATIVE COLORING 2PM	WEDNESDAY WAKE – UP WALKING GROUP 9AM  CHAIR YOGA 2PM	GARDEN 9AM  LATE SUMMER GROUP ART PROJECT W. POLLY 1PM	WALKING 9AM  CCIA RESOURCE CENTER 10:30AM  FREESTYLE 2PM	NATIONAL WOMEN'S DAY
10	PLAY IN THE SAND DAY 11	12	13	14	15	16
	MEANDERING MONDAYS LEAVING 9AM  PLANNED PARK – FAIR HAVEN BEACH ON LAKE ONTARIO – THIS MAY NEED TO CHANGE DUE TO WEATHER OR WATER CONDITIONS	GARDEN 9AM  GET COFFEE & GO MONTHLY GROCERY SHOPPING RUN 10AM	AQUARIUM OF NIAGARA FALLS COST \$3 w. EBT LEAVE 8:30AM LATE RETURN LIMITED SEATS RSVP 8/8	GARDEN 9AM  THRIFT SHOPPING 1PM	NATIONAL RELAXATION DAY  WALKING 9AM  FRIDAY FUNDAY 12PM	
17	18	19	20	21	22	23
NATIONAL NONPROFIT DAY	MEANDERING MONDAYS LEAVING 9AM  PLANNED PARK – THAYER PARK ON SKANEATELES LAKE – THIS MAY NEED TO CHANGE DUE TO WEATHER OR WATER CONDITIONS	GARDEN 9AM  GET COFFEE & GO CURTIS MUSEUM 10AM ADULT \$13.50   SENIOR \$12.00 VETERAN \$10.00	WEDNESDAY WAKE – UP WALKING GROUP 9AM  CHAIR YOGA 2PM	GARDEN 9AM  ALLIANCE CONFERENCE VIRTUAL MEETING 11AM  CRAFT W. HEATHER 1PM RSVP FOR SUPPLIES 8/15	WALKING 9AM  MONTHLY BIRTHDAY & MOVIE 12PM	
24	NATIONAL PARK SERVICE DAY 25	NATIONAL WOMEN'S EQUALITY DAY 26	27	28	29	30
	MEANDERING MONDAYS LEAVING 9AM  PLANNED PARK – GREEN LAKES STATE PARK – THIS MAY NEED TO CHANGE DUE TO WEATHER OR WATER CONDITIONS	GARDEN 9AM  GET COFFEE 10AM NEW MEMBER ORIENTATION 11AM  YARD GAMES 2PM	WEDNESDAY WAKE – UP WALKING GROUP 9AM  CHAIR YOGA 2PM	GARDEN 9AM  CRAFT W. POLLY 1PM RSVP FOR SUPPLIES 8/22	WORLD VIDEO GAME DAY  WALKING 9AM  THE ARCADE PROJECT 1PM COST \$15 NO OUTSIDE FOOD OR DRINK ALLOWED, SNACKS & DRINKS FOR PURCHASE AVAILABLE	
31	   					
INTERNATIONAL OVERDOSE AWARENESS DAY						

DETAILS ON THE BACK!!!



# It's all in the details!

## Meandering Mondays in August

This month we are planning to visit the following parks:

- Sampson State Park on the 4<sup>th</sup> for the US Coast Guard's Birthday.
- On the 11<sup>th</sup> for Play in the Sand Day we will go to Fair Haven Beach State Park on Lake Ontario.
- On the 18<sup>th</sup> we will go to Thayer Park on Skaneateles Lake.
- On the 25<sup>th</sup> Green Lakes State Park, National Park Service Day.

These parks have walkable areas, swimming beaches, and fishing areas. If you would like to attend, please make sure you have everything you need for a day at the beach! Including sunscreen, a towel, change of clothing if swimming, lunch and plenty to drink. If you are fishing, you need a fishing license and your own gear/bait. Locations may need to change without notice due to weather and or water conditions.

Staff will be leaving the office to meet everyone at 9am.

## Tuesdays in August

Every week we will start the day by tending the community garden at 9am. Followed by getting Traveling Tuesday Free Coffee at Byrne Dairy on the corner of Castle & Main around 10am.

Staff will be leaving the office to meet everyone at 8:45am.

- On the 5<sup>th</sup> the group will return to the Recovery Center for the Monthly Calendar Planning Meeting, the meeting will start at 11am. Please bring ideas for September. Everyone will go home for lunch then those who would like can return at 2pm to get September's Birthday cards started and do Meditative Coloring.
- On the 12<sup>th</sup> following Byrne Dairy the group will head out for the Monthly Grocery Shopping Run. Planned stores include Save-A-Lot in Newark, Aldi & Dollar Tree in Lyons and if there is time Sauder's in Seneca Falls.
- On the 19<sup>th</sup> Following Byrne Dairy the group will head to the Glen Curtiss Museum in Hammondsport to celebrate National Aviation Day. Tickets are as follows: Adults - \$13.50, Seniors - \$12, & Veterans - \$10. You will need to bring your lunch as there is no café at the museum.
- On the 26<sup>th</sup> we will have new member orientation at Recovery Center following getting coffee at Byrne Dairy. Later in the afternoon we will be playing yard games. Make sure you let staff know you want to go.

## Wednesdays in August

Join us at 9am for Wednesday Wake - Up Walking Group along the Lakefront in Geneva.

WEATHER PERMITTING on the 6<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>. Staff will be leaving the office to meet everyone at 8:45am.

- Each afternoon there will be Chair Yoga at the Recovery Center at 2pm. (Except 8/13)
- On the 13<sup>th</sup> we will be heading out extra early to go all the way to the Aquarium of Niagara Falls. Tickets are \$3 with your SNAP/EBT card. You will need to pack a lunch and make sure you have everything you will need for the day. Staff will be leaving the office to meet everyone around 8:15am.

## Thursdays in August

Every week we will start the day by tending the community garden at 9am.

Staff will be leaving the office to meet everyone at 8:45am.

- On the 7<sup>th</sup> Polly will be hosting a group art project for our late summer office poster at 1pm.
- On the 14<sup>th</sup> the group will be going Thrift Shopping around the area starting at 1pm.
- On the 21<sup>st</sup> Heather will be hosting a VIRTUAL Meeting for those eligible to attend the Alliance Conference this year at 11am. You will receive a link and a phone option prior to the meeting. Keep an eye on your email for this information! 😊 Notes will follow the meeting for anything shared via screen.  
At 1pm Heather will also host a craft at the Recovery Center. Make sure you RSVP by 8/15 for supplies!
- At 1pm On the 28<sup>th</sup> Polly will host a craft at the Recovery Center. Make sure you RSVP by 8/22 for supplies!

## Fridays in August

start the day with a walk at the H&WS Field House track at 9am every week.

Staff will be leaving the office to meet everyone at 8:45am.

- On the 1<sup>st</sup> Make re-usable "water balloons" for National Water Ballon Day at 1pm.
- On the 8<sup>th</sup> after walking at the Field House the group will head to Canandaigua for the CCIA Resource Center (Residency Requirement of Ontario County). Later in the day there is Freestyle time at 2pm. To have Freestyle there must be an activity planned by a or a group of members with staff by Wednesday the 6<sup>th</sup>.
- On the 15<sup>th</sup> its National Relaxation Day and Funday Friday at Noon. Lunch is Potluck Style, there will be time for games, and socializing.
- On the 29<sup>th</sup> go to The Arcade Project for World Video Game Day at 1pm. The Arcade Project has moved to the Waterloo Outlet Mall for the summer. It is still \$15 at the door for all you can play. Check out the games here: <https://www.thearcadeproject.com/> Per their FB page for everyone's enjoyment and safety no outside food or drink is allowed, not even water bottles. There are snacks and drinks for purchase inside.