



What's UP?



UNIQUE PEERSPECTIVES April 2024 NEWSLETTER
A PEER SUPPORTED MENTAL HEALTH RECOVERY CENTER
Facebook: @accessnypeersupportservices



Stress Awareness Month

There are five known factors that are often cited as a source of stress: Money, Work, Family, Economic Outlook, and Relationships. What gets you stressed out the most? Do you notice all the symptoms that effect you when something stresses you out? Take notice on how stress effects you so you can work on getting rid of any symptoms you may be experiencing.

Stress can be debilitating but it can also, sometimes, help people. Stress can motivate people to prepare or perform. It might even save your life in some situations. Stress is mainly known though to cause and/or aggravate health problems. People under stress are more prone to health concerns like headaches, insomnia, high blood pressure, and heart disease.

Stress is a normal part of human existence. Nobody is immune to it. That's why it is important to arm yourself with knowledge so that way we can recognize when stress rears its ugly head. Some strategies for coping with stress are to practice mediation, exercise, or visit your doctor. Meditation is the most effective way to deal with stress. Achieving quietness can be difficult but once you are able to meditate fully your stress will decrease. Getting fresh air and exercising is important for you anyways and it will instantly take away your effects from stress. The best place to get you started on the path to a stress-free lifestyle is to meet with your doctor for advice.

Stress Awareness Month happens every April. Stress Awareness Month is important in many ways. It reminds people to pay better attention to your health. It is a national effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress in our society. Stress Awareness Month most importantly helps people become more aware of stress and lets others know that we are all feeling it in our lives at one point or another.

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Did You Know?

Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.

There are two zodiac signs in April. Aries, which is until April 19th, and Taurus, which is April 20th and onwards.

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen after April 21st.

A famous quote for April is "April showers bring May flowers," so if the rain of April ever gets you down, never forget the silver lining!

Hybrid Support Groups*:

Women's Support Group

When: Mondays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1169681765>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 968 1765

Building Self-Esteem Support Group

When: Tuesdays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1166083369>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 608 3369

Mindfulness Group

When: Mondays from 1:00 p.m. – 2:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1157489312>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 115 748 9312

General Support Group

When: Wednesdays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/11633113815>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 331 3815

Men's Support Group

When: Fridays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1153757449>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID : 115 375 7449

LGBTQIA+ Support Group

When: Thursdays from 11:00am - 12:00pm

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1157351737>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 1157351737

*Hybrid groups just mean that our support groups are offered for in-person and virtual attendance

In-Person Only Groups:

Karaoke

When: Tuesdays 12:00pm-1:00pm

Game Time

When: Fridays 12:00pm-1:00pm

Peer Team Meeting / Birthday Celebration

When: 2nd Tuesday each month 12:30pm – 1:00pm

Arts & Crafts

When: Tuesdays 1:00pm – 2:00pm

Tea Please

When: Thursdays 10:00am-11:00am

Walking Group

When: Thursdays 11:00am – 2:00pm

Music Group

When: Thursday 1:00pm – 2:00pm

Adventure Group

When: Fridays 12:30am – 4:00pm

Cook2Gether Group

When: Wednesdays at 2:00pm - 3:00pm





GED Study Group

Wednesdays at
3:00 P.M.

Whether you are almost ready for the test, have been studying for a while, or just getting started, join our GED study group. We will NOT be teaching material but instead offer a time to study as a group and have some of your questions answered. We will be providing resources for you to study too.



Academy of Peer Services Study Group

Thursdays at 2:00 P.M.

Have you ever wanted to become a peer specialist? If so, we have a time available for you to start working on the Academy of Peer Services courses. Come work on getting your certification. We will have a quiet space with computers to use. Staff will be available to answer any questions you may have while you are working.



Mindful Movement

Tuesdays at
10:00 A.M.

Time to wake up and get the blood flowing! Join us for light exercises to get healthier and have fun. No matter your physical ability you are welcome.



Managing my Emotions

Thursdays at
12:00pm

Please join us for this group where we will discuss strategies about learning how to navigate the waves of our emotions, thus not allowing them to run our lives. We will learn how to understand our feelings, untangle complicated emotions, increase positive emotions, soothe ourselves after experiencing tough emotions, learn how to not let our emotions boil over into anger or rage, and learn to clearly communicate our feelings in a healthy, not threatening way.

Call Ruth Cicirello at 315-218-0800 for more information.



Music Group is moving to 1:00 P.M. on Thursdays



Peer Run Group

Please join us on **Wednesdays at 1:00 P.M. (except for the 3rd Wednesday of every month as that is Wellness Group)**. This is a peer run group and you get to decide the topic that you want to present for the hour.



Meditation Time

Wednesdays at
10:00 A.M.

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace. We have a separate room that will be designated for meditating. There will be a video that helps guide you through your meditation. This group begins right after Mindfulness group, so it is perfect for practicing any new skills you just learned!



APRIL

WORD SEARCH



a d x a l i p c w a i
y i g b e e d u j n s
k a a i o l a v t h s
u m e o h o f d u o e
f b z i i u f h l i m
a n c k j a o i i i y
h d b n g r d o p u i
a e e e l b i i o j v
m a g f o o l u d p a
e a s t e r v i k e x
p s a l m e o i o u a
b v t o u u n c t o t
c u n d e r g r a d s
p a s s o v e r u u e
e s h o w e r s r y i
d a t a b f e d u r n
v b l o o m q f s a i
e s h p f g z v w x a

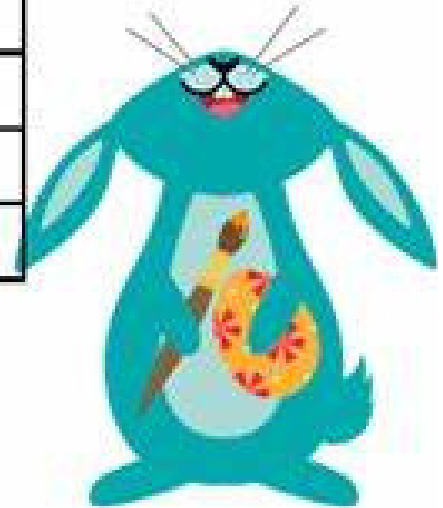
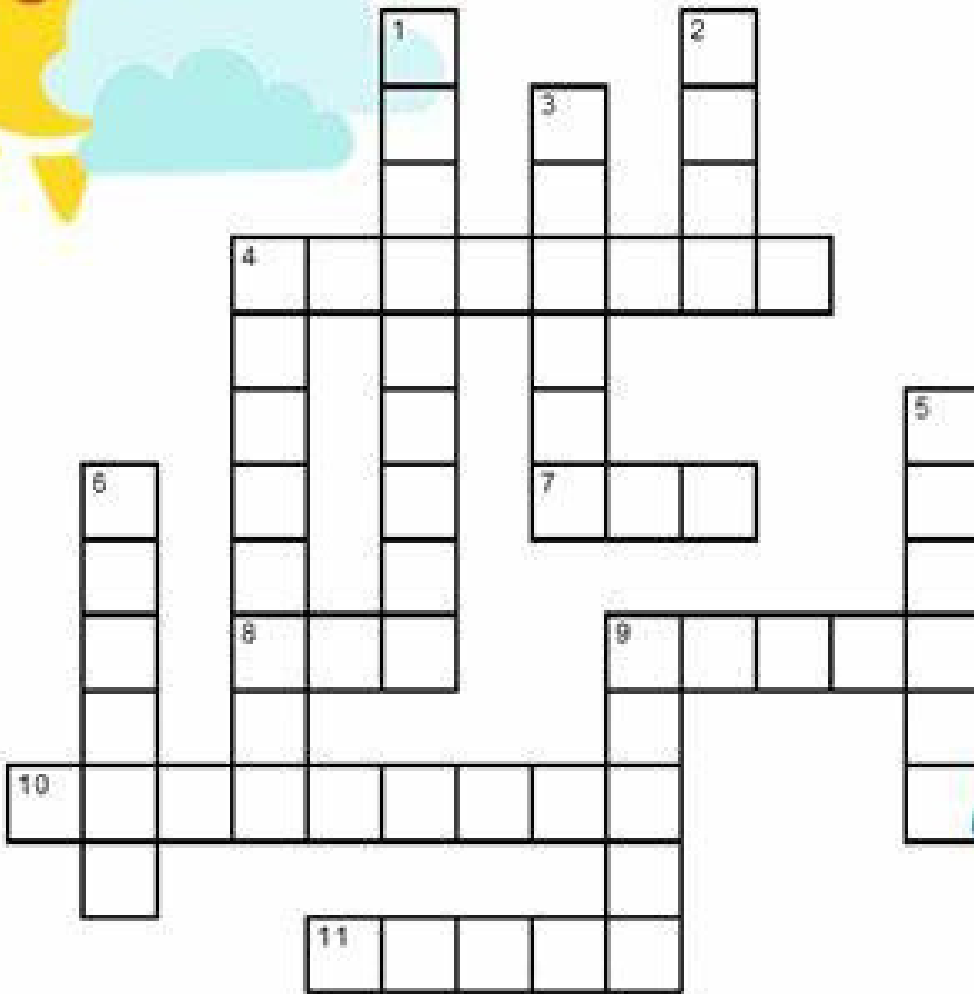


WORDS

- 
- showers
 - underground
 - daffodil
 - tulip
 - bloom
 - taurus
 - diamond
 - earth
 - easter
 - passover
 - fool



Easter Crossword



ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache



30
DAYS IN THE
MONTH

National
Unicorn
Day



Daisy



Hi-Five
Day

National
Garden Month



Earth
Day



April
Fools
Day

APRIL FUN FACTS

Spring



Start of
Baseball
Season



Diamond
Birthstone



Easter



4th Month
of The Year

Astrology Signs



Aries



Taurus



MADEWITHHAPPY.COM

Staff Highlight : Ruth Ciciriello

What do you do for fun? I love riding my Can-Am 3 wheel motorcycle & making jewelry out of silverware & hiking with my dogs
Where would you like to go for vacation? Cape Cod & Whales, England
Where did you grow up? Eastwood area of Syracuse

Do you prefer dogs or cats? large dogs
What is your favorite snack? peanut butter sundaes with mint chocolate chip ice cream and a cherry on top
What is your eye color? dark brown
What is your favorite pizza topping? pepperoni



Warm Line

What does the warm line mean? It's a place to call if you're in need of emotional support. It is available 24 hours a day, seven days a week. (Even holidays!!) We've heard many of the Peers didn't realize such an option for help exists. Please take note of this important number. Paste it somewhere you can easily find it. It's also posted in the Hours of Operations listed below. We're always a phone call away!!

WARMLINE #315-437-3300



Berkana House

If you find yourself in an emotional crisis and don't want to go to the hospital, try our Berkana House first. It's a safe place to go to get much needed support through your time of need. All Peer Support Specialists can help you get what you need, ANYTIME! Call Unique Perspectives for more information or Berkana House!

UP: 315-802-7018
Berkana: 315-437-3301



9-8-8 is the new Suicide & Crisis Lifeline

Effective July 16th - you can now call or text 9-8-8 when you are in need of crisis support greater than what the warmline can provide.

This has replaced the previous suicide hotline number 1 (800) 273-8255. Although if you do call the previous number, you will still be connected to support.

This is just an easier way to reach out and receive support.

So please, if you are feeling suicidal or are in a major crisis call or text 9-8-8 today.

UP Hours of Operation:

Monday	10:30 am – 4:30pm
Tuesday	9:30 am – 4:30pm
Wednesday	9:30am – 4:30pm
Thursday	9:30am – 4:30pm
Friday	11:00am – 4:30pm

Address: 572 S. Salina St, Syracuse, NY 13202
Phone: 315-802-7018
Fax: 315-883-0123
WARM LINE: 315-437-3300

Unique Perspectives is a program of:

Access CNY
Community | Possibility | Success

Unique Peerspectives & CSS – April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness</p> <p>2:00pm Coloring Group</p>	<p>10:00am Mindful Movement</p> <p>11:00am Building Self-Esteem Support Group</p> <p>12:00pm Karaoke</p> <p>1:00pm Arts & Crafts</p> <p>2:30pm Computer Skills Class</p>	<p>10:00am Meditation Time</p> <p>11:00pm General Support Group</p> <p>1:00pm Peer Run Group</p> <p>2:00pm Cook2Gether</p> <p>3:00pm GED Study Group</p> <p>3:00pm Yoga (CSS)</p>	<p>10:00am Tea Please</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Music Group</p> <p>2:00pm APS Study Group</p>	<p>11:00am Men's Support Group</p> <p>12:00pm Game Time</p> <p>12:30pm – 4:00pm Adventure Group</p> <p>2:00pm Coffee Hour (Virtual)</p>
8	9	10	11	12
<p style="text-align: center; font-size: 1.2em;">Total Solar Eclipse Celebration</p> <p>*Glasses provided*</p>	<p>10:00am Mindful Movement</p> <p>11:00am Building Self-Esteem Support Group</p> <p>12:00pm Karaoke</p> <p>12:30pm Peer Meeting & Birthday Celebration</p> <p>1:00pm Arts & Crafts</p>	<p>10:00am Meditation Time</p> <p>11:00pm General Support Group</p> <p>1:00pm Peer Run Group</p> <p>2:00pm Cook2Gether</p> <p>3:00pm GED Study Group</p> <p>3:00pm Yoga (CSS)</p>	<p>10:00am Tea Please</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Music Group</p> <p>2:00pm APS Study Group</p>	<p>11:00am Men's Support Group</p> <p>12:00pm Game Time</p> <p>12:30pm – 4:00pm Adventure Group</p>
15	16	17	18	19
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness</p> <p>2:00pm Coloring Group</p>	<p>10:00am Mindful Movement</p> <p>11:00am Building Self-Esteem Support Group</p> <p>12:00pm Karaoke</p> <p>1:00pm Arts & Crafts</p> <p>2:30pm Computer Skills Class</p>	<p>10:00am Meditation Time</p> <p>11:00pm General Support Group</p> <p>1:00pm Wellness Group (CSS)</p> <p>2:00pm Cook2Gether</p> <p>3:00pm GED Study Group</p> <p>3:00pm Yoga (CSS)</p>	<p>10:00am Tea Please</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Music Group</p> <p>2:00pm APS Study Group</p>	<p>11:00am Men's Support Group</p> <p>12:00pm Game Time</p> <p>12:30pm – 4:00pm Adventure Group</p> <p>2:00pm Coffee Hour (Biscotti's Café)</p>
22	23	24	25	26
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness</p> <p>2:00pm Coloring Group</p>	<p>10:00am Mindful Movement</p> <p>11:00am Building Self-Esteem Support Group</p> <p>12:00pm Karaoke</p> <p>1:00pm Arts & Crafts</p>	<p>10:00am Meditation Time</p> <p>11:00pm General Support Group</p> <p>1:00pm Wellness Group (CSS)</p> <p>2:00pm Cook2Gether</p> <p>3:00pm GED Study Group</p> <p>3:00pm Yoga (CSS)</p>	<p>10:00am Tea Please</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Music Group</p> <p>2:00pm APS Study Group</p>	<p>11:00am Men's Support Group</p> <p>12:00pm Game Time</p> <p>12:30pm – 4:00pm Bowling at Flamingo</p>
29	30			
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness</p> <p>2:00pm Coloring Group</p> <p>3:00pm Scribblers (CSS)</p>	<p>10:00am Mindful Movement</p> <p>11:00am Building Self-Esteem Support Group</p> <p>12:00pm Karaoke</p> <p>1:00pm Arts & Crafts</p>			

Unique Peerspectives / Community Support Services

Access CNY

Women's Support Group

Mondays

11:00am – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1159436826>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 943 6826

Call UP at 315-802-7018 for more information.

Abnormal Sensory Perception Peer Support Group

Mondays

12:00pm – 1:00pm

One in ten people hear voices. Voices, visions, or other unusual or extreme experiences may be unique, but they are not uncommon. This group provides a setting where people have the opportunity to share their experiences and benefit from a valuable exchange of first-hand expertise. Members tell their personal stories, listen empathetically to each other, offer support, and suggest strategies.

To join please type the link into your URL: <https://buvideo.accessionmeeting.com/j/1154114716> or come join us in-person at 572 South Salina Street.

Mindfulness

Mondays

1:00pm – 2:00pm

Mindfulness can be defined as a mental state achieved by focusing one's awareness on the present moment. These groups will explore the benefits of mindfulness and include practice of tools to use in everyday life.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157489312>

Or call to join by phone 315-671-1981

Meeting ID: 115 748 9312

Call Alexia Klapan at 315-218-0848 or Kerri at 315-218-0849 for more information.

Coloring Group

Mondays

2:00pm – 3:00pm

Do you love coloring? Come join us for this new group. Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. We spend an hour coloring anything you can imagine. If you can't find a coloring page that you like, we can help print other pictures for you to color.

Call UP at 315-802-7018 for more information.

Scribblers (CSS)

Monday the 29th

3:00pm – 4:00pm

Be a contributor to our *Newsletter!* Submit your own pieces through writing, photography or art. We will continue discussing the topics for our next newsletter. *Scribblers started out as a writers group, but has evolved into a discussion and sharing group for any type of creative expression. We use creativity as a tool for wellness. We talk about projects we have been independently working on and projects we might like to try out next. If you like how a project has turned out, you can submit it for inclusion in our next quarterly Scribblers' Newsletter.* (an excerpt by B.C. Jones) *Submissions are open at this time!*

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157135006>

Or Call: (315)-671-1981 and enter meeting ID at the prompt.

Meeting ID: 115 713 5006

Call Alexia Klapan at 218-0848 for more information.

Mindful Movement

Tuesdays

10:00am – 11:00am

Time to wake up and get the blood flowing! Join us for light exercises to get healthier and have fun. No matter your physical ability, you are welcome.

Building Self-Esteem Support Group

Tuesdays

11:00am – 12:00pm

Feeling down on yourself? Want more confidence? Many of us deal with low self-esteem and all the hardships that come with it. Let's change that together and live out our dreams!

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1165459660>

Or call 315-671-1981 to join by phone.

Meeting ID: 116 545 9660

Call Unique Peerspectives at 802-7018 for more information.

Karaoke

Tuesdays

12:00pm – 1:00pm

UP will host a Karaoke session every week where you can dance and sing like no one else is watching. Dancing and singing are known to elevate your mood! Come join us and have some fun.

Call UP at 315-802-7018 for more information.

Peer Team Meeting/Birthday celebration

2nd Tuesday of each month

12:30pm – 1:00pm

If you want to voice your thoughts about potential changes you would like to see or if you would like to stay up-to-date on the most recent changes, this group is for you. These once a month meetings will primarily be all about you. We all will collaborate and toss ideas around that are relevant to what we do here at UP, and quite possibly implement them into our program.

Additionally, we will be celebrating all members' birthdays that are in the current month. Cupcakes and ice cream will be served!

Call UP at 315-802-7018 for more information.

Arts and Crafts

Tuesdays

1:00pm – 2:00pm

Art is a form of expressing yourself, while at the same time becoming captivated in the present. You don't have to be Da Vinci or Picasso to enjoy making personal, decorative creations. There will be crafting material and paints for the group.

Contact UP at 315-218-0806 for more information.

Computer Skills Class

1st & 3rd Tuesday of the month

2:30pm – 3:30pm

Need help understanding computers and how to work them? Please join us for computer skills class as we teach you and help you learn how to put your computer skills to use. Whether you want to learn how to type better, send an email, or learn how to navigate Facebook, we are here to help.

Call UP at 315-802-7018 for more information

Meditation Time

Wednesdays

10:00am – 11:00am

Meditation can give you a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace. We have a separate room that will be designated for meditating. There will be a video that helps guide you through your meditation. Come join this group and bring peace to yourself.

Call UP at 315-802-7018 for more information

General Support Group

Wednesdays

11:00am – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157489312>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 748 9312

Call UP at 315-802-7018 for more information.

Peer Run Group

Wednesdays

1:00pm – 2:00pm (except for the 3rd Wednesday which is Wellness Group)

This is a peer run group and you get to decide the topic that you want to present for the hour. Whether the topic is something you would like to teach or simply something you would like to have a group discussion about, you get to decide. So bring your great ideas and we can schedule you in for this group.

Cook2Gether
Wednesdays
2:00pm – 3:00pm

Come cook with us! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients, you do all the cooking...and eating. There will be a recipe to follow and you will receive guidance from staff if you need assistance.

Call Jack Dunn at 315-802-7018 for more information.

GED Study Group
Wednesdays
3:00pm – 4:00pm

Whether you are almost ready for the test, have been studying for a while, or just getting started, join our GED study group. We will NOT be teaching material but instead offer a time to study as a group and have some questions answered. We will be providing resources for you to study too.

Yoga (CSS)
Wednesdays
3:00pm – 4:15pm

Yoga increases body awareness, relieves stress, reduces inflammation, and calms/centers the nervous system. It can also help depression and insomnia. *This is now **In-Person** at the Spa @500, 500 W. Onondaga St.!!!!* The virtual option will still be available at UP.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1164199867>

Meeting ID: 116 419 9867

Call to join by phone: 315-671-1981

***Call Alexia Klapan at 218-0848 for more information.**

Tea Please...
Thursdays

10:00am – 11:00am

Tea has an amino acid that reduces stress. Combined with caffeine, it helps to boost brain activity and mood giving a sense of relaxation and well-being. Gathering together is enjoyable, but it also nurtures our most important relationships and promotes a sense of belonging and community. It can leave you feeling incredibly inspired, rejuvenated and connected. So come gather with us and drink some hot Tea.

Call UP at 315-802-7018 for more information.

LGBTQIA+ Support Group
Thursdays

11:00am – 12:00pm

This group is informal and much like any other support group we offer, but is geared towards the life experiences of anyone who identifies as LGBTQIA+

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1162181622>

Or call 315-671-1981 US to join by phone.

Meeting ID: 116 218 1622

Call Jack Dunn at 315-802-7018 for more information.

Walking Group
Thursdays
11:00am – 2:00pm

Join us at UP to walk locally! Sometimes we will take the van and go to other various nearby locations. If there is imminent rain, this group *may* go to the mall to walk. Make sure to sign up on the bulletin board quickly because there are very limited spots.

Call UP at 315-802-7018 for more information.

Managing my Emotions
Thursdays
12:00pm – 1:00pm

Please join us for this group where we will discuss strategies about learning how to navigate the waves of our emotions, thus not allowing them to run our lives. We will learn how to understand our feelings, untangle complicated emotions, increase positive emotions, soothe ourselves after experiencing tough emotions, learn how to not let our emotions boil over into anger or rage, and learn to clearly communicate our feelings in a healthy, non-threatening way.

Call Ruth Cicirello at 315-218-0800 for more information.

Music Group

Thursdays

1:00pm – 2:00pm

Do you love listening to music? UP offers a group for people who love listening to music and want to share their favorite songs. Everyone will get the chance to choose a song to share for the group to listen to. After each song, we will discuss what we like/don't like, what the lyrics mean, or any thoughts we have. This is also a great chance to broaden your musical horizons and hear music you never knew existed!

Call UP at 315-802-7018 for more information

Academy of Peer Services Study Group

Thursdays

2:00pm – 3:00pm

Have you ever wanted to become a peer specialist? If so, we have a time available for you to start the Academy of Peer Services courses. You can work on getting your certification. We will have a quiet space with computers to use. Staff will be available to answer any questions you may have while you are working.

Men's Support Group

Fridays

11:00pm – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157032789>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 703 2789

Call UP at 315-802-7018 for more information.

Game Time

Fridays

12:00pm – 1:00pm

Have some fun with the UP gaming group! We have a wide variety of games. We offer board games, card games, and a Nintendo switch to play Mario Kart, Tetris, and much more! Come join us for a fun and friendly competition!

Please contact UP at 315-802-7018 for more information.

Adventure Group

Fridays

12:30pm – 4:00pm

Join us at UP as we go on an adventure! We will take the van and go to various nearby locations in the county, like Green Lakes State Park, different waterfalls, and even bowling. If there is imminent rain, this group *may* go to the mall to walk or simply go walking in the rain. Make sure to sign up on the bulletin board quickly because there are very limited spots.

Call UP at 315-802-7018 for more information.

Coffee Hour (virtual)

First Friday of each month

2:00pm – 3:00pm

Please join us for our *virtual* Coffee Hour for an opportunity to socialize and update everyone on what has been going on in your life!

To join, click the link: <https://buvideo.accessionmeeting.com/j/1157768381>

Or call 315-671-1981 to join by phone.

Meeting ID: 115 299 6575

Call Alexia Klapan at 218-0848 for more information.

Coffee Hour (Biscotti's Café)

Third Friday of each month

2:00pm-3:00pm

Biscotti's Café

741 N. Salina Street

Please feel free to join us for in-person Coffee Hour! You will have the opportunity to get out and greet those we have been socializing with virtually all these months! This is an informal meet and greet event, so feel free to stay as long or as short as you would like!

Call Alexia Klapan at 218-0848 for more information.