Riverview Apartments Activity Schedule

November 2026

Catholic Charities of Cortland County

CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

MON	TUE	WED	THU	FRI	SAT	SUN
2	3	4	5	6	7	8
Emotional Awareness	**Healthy Coping skills**	**Positive Thinking**	**Self-care is not Selfish**			
9	10	11	12	13	14	15
Healthy Routines	**No peer on site**	**Setting Healthy Goals for The Holiday**	**Understanding My Emotions**			
16	17	18	19	20	21	22
Setting Healthy Boundaries	**Resilience**	**Thanksgiving Luncheon!!!!**	**Overcoming Fear of Failure**			
23	24	25	26	27	28	29
What Am I Thankful For	**Gratitude Jars**	**Building A Bridge to Where I want to be**	**Agency Closed!!! Happy Thanksgiving!!!!**			
30						

Mental Health Check-in

Peer staff are on site at Riverview Monday and Thursday from 8:30a-11:30am, Tuesday and Wednesday in the afternoons from 1-4:30PM. A group is offered each day the peers are onsite. If you have an idea for a group topic or activity, please let the peer staff know.