

October 2026

RIVERVIEW APARTMENTS Activity Schedule



CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

Wishing Wellness Center

24 Church St.
Cortland, NY 13045
(607)756-5992 Ext 171



Peer staff are onsite
at Riverview
Monday through
Thursday from
1-4:30PM. Feel free
to stop in for sup-
port, questions, or
just to chat. Groups
are offered from
2-3PM when Peer
staff are there.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Coping Skills	2	3
4	5 No Peer On Site	6 Seasonal Trivia	7 Finding Your Voice	8 Kindness Cauldron	9	10
11	12 Agency Closed Columbus Day	13 Trick or Treat Your Thoughts	14 Coffee Social	15 Tim's Pumpkin Patch 10AM-2PM	16	17
18	19 Getting Organized	20 Show and Share	21 Falling for Fall	22 Meditation	23 Shopping Trip 9:30AM-12PM	24
25	26 No Group Staff Training	27 No Group Staff Training	28 Halloween Party/Luncheon 1PM	29 No Peer On Site	30	31

****Shopping trips MUST be signed up for at least a week in advance.**

Peer staff are onsite at Riverview Monday through Thursday in the afternoon from 1-4:30PM. A group is offered each day the peers are onsite. Each week's groups will follow a weekly theme. If you have an idea for a group topic or activity, please let the peer staff know.

**October 15th:
Trip to Tim's Pumpkin Patch 10AM-2PM
Pre-registration required!! Please see a Peer staff member.

