

May 2026

RIVERVIEW APARTMENTS Activity Schedule



CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Ice Cream Social 2pm	5 Music As A Tool 2PM	6 Recovery Is Possible 2PM	7 Game Day 2pm	8	9
10	11 Let's Paint 2PM	12 Walking Group 2PM	13 Window Art– Breaking the Stigma 2pm	14 Mental Health Bingo 2PM	15 Shopping Trip 9:30AM-12PM	16
17	18 Understanding Personal Boundaries 2PM	19 Suncatcher's With Sarah 2pm	20 Coffee Social 2PM	21 No Peers (MHA Walk)	22	23
24	25 No Peers	26 Declutter Your Surroundings to Declutter Your Mind 2pm	27 Walking Group 2PM	28 Self Care Jars 2PM	29 Monthly Luncheon 1 PM	30
31	Memorial Day					

Wishing Wellness Center
24 Church St.
Cortland, NY 13045
(607)756-5992 Ext 132



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

****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. If you have an idea for a group topic or activity, please let the peer staff know.

