

September 2026

RIVERVIEW APARTMENTS

Activity Schedule



CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Life Skills Week</i>	August 31 My Life Tool Box	1 My Growth Garden	2 Pieces of Me	3 Coffee Social	4	5
6 <i>Self Love Week</i>	7 Labor Day Agency Closed	8 I Am Worth It!	9 Speak Kindly of Yourself	10 Boundaries Are Self Love	11	12
13 <i>Transitions Week</i>	14 My Mental Health Weather Report	15 Seasonal Grounding	16 Weather Changes and So Do We	17 Forecast My Future	18 Shopping Trip 9:30AM-12PM	19
20-	21 Coloring For Wellness	22- Game Day	23 No Peers Onsite	24 No Peers Onsite	25-	26
27	28 Free Stuff Giveaway at WWC 9AM-4PM	29 Take Care of Your Mind Tuesday	30 Riverview Luncheon	October 1 Coping Skills		

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 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. 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.

Free Item Giveaway:

A One Day Only Event—Monday, September, 28th—9AM-4PM

***At the Wishing Wellness Center**

