

April 2026

RIVERVIEW APARTMENTS Activity Schedule



BRING FOR OUR COMMUNITY ONE PERSON AT A TIME

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|----------------------------------------------|-------------------------------------------|----------------------------------------------------|-----------------------------------------|---------------------------------------|-----|
| | | | 1 Easter Coffee Social 2PM | 2 No Peer Onsite No Group | 3 | 4 |
| 5 | 6 Walking Group 2pm | 7 Do You Have A Routine? 2PM | 8 Child Abuse Prevention Awareness 2PM | 9 Game Day 2pm | 10 | 11 |
| 12 | 13 What Is A Peer? 2PM | 14 Coffee Social 2PM | 15 Let's Do Some Planting! 2pm | 16 Riverview Clean Up 2PM | 17 Shopping Trip 9:30AM-12PM | 18 |
| 19 | 20 Stress Management 2PM | 21 Walking Group 2pm | 22 Monthly Luncheon 1 PM | 23 The Power of Journaling 2pm | 24 | 25 |
| 26 | 27 Substances And Loved Ones 2PM | 28 Understanding Your Budget 2pm | 29 Chair Exercises 2pm | 30 Coffee Social 2PM | | |

**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 sup-
port, 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.

