

OCTOBER 2026

COMMON GROUND WELLNESS CENTER
 290 FRONT ST. BINGHAMTON, NY | (607) 773-1184
 OPEN MONDAY - FRIDAY 8:30 AM - 3 PM
 INTAKES & TOURS MONDAY - FRIDAY 12:30 PM - 2:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Movie & Popcorn Day	2 Game Day
5 BOOK CLUB @ 10 AM	6 LETTING THINGS GO @ 10 AM SPIRIT & MICHAELS @ 12:30 PM	7 NINTENDO SWITCH MARIO KART	8 MENTAL HEALTH GROUP W/ BEN @ 10 AM Dungeons & Dragons @ 10 AM	9 ART APPRECIATION @ 10 AM HALLOWEEN CRAFT @ 12:30 PM
12 CLOSED IN RECOGNITION OF COLUMBUS DAY	13 HALLOWEEN BINGO @ 10 AM OAKDALE COMMONS @ 12:30 PM	14 LEGO GROUP @ 10 AM	15 SAFETY IN NUMBERS @ 10 AM	16 GHOST LOLLIPOPS @ 10 AM
19 COLOR & CONVERSATION @ 10 AM	20 MENTAL HEALTH FIRST AID @ 10 AM TOWN SQUARE MALL @ 12:30 PM	21 HALLOWEEN MOVIE DAY BOSCOV'S SHOPPING DAY @ 10 AM	22 MEN'S GROUP @ 10 AM	23 DUAL DIAGNOSIS @ 10 AM
26 FORGIVENESS GROUP @ 10 AM	27 GREAT JACK O' LANTERN BLAZE HUDSON VALLEY @ 10 AM	28 NINTENDO SWITCH MARIO KART	29 HAPPY THOUGHTS PROCESS @ 10 AM	30 HALLOWEEN PARTY 11 AM - 7 PM