

JULY 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 COPING WITH MEMORY LOSS TOGETHER @ 10 AM	2 ART THERAPY: FLOWERPOTS @ 1 PM	3 CLOSED HAPPY 4 TH OF JULY
6 UHS PEER BRIDGER GROUP @ 10 AM MINDFULNESS MATTERS @ 1 PM	7 GARDENING @ 10 AM GOODWILL / DOLLAR TREE @ 12:30 PM	8 NINTENDO SWITCH SUPER MARIO PARTY @ 10 AM	9 SUMMER CRAFT @ 10 AM	10 COLORING & CONVERSATION @ 10 AM
13 BOOK CLUB @ 10 AM	14 TAKING CARE OF NATURE: HOW TO MAKE BIRD SEED @ 10 AM FROSTY JOE'S @ 12:30 PM	15 ROSE, THORN & BUD GROUP @ 10 AM DRUMMING CIRCLE @ 10 AM	16 DUNGEONS & DRAGONS CLUB @ 10 AM MEMBER ADVISORY COMMITTEE @ 12:30 PM	17 TOURNAMENT GAME DAY (POOL, PING PONG, ETC)
20 UHS PEER BRIDGER GROUP @ 10 AM RAINBOW AFFIRMATIONS @ 1 PM	21 AIR DRY CLAY @ 10 AM SUGAR LIPS @ 12:30 PM	22 NINTENDO SWITCH SUPER MARIO PARTY @ 10 AM	23 SYRACUSE ZOO Leaving @ 9 AM	24 MOVIE & POPCORN DAY DUAL DIAGNOSIS GROUP @ 10 AM
27 BEYOND THE PRESCRIPTION @ 1 PM	28 SHOW & TELL GROUP @ 10 AM VESTAL RAIL TRAIL @ 12:30 PM	29 GARDEN DAY @ 10 AM	30 MENTAL HEALTH BINGO @ 10 AM	31 GARDEN SIGNS @ 10 AM