


APRIL 2026

COMMON GROUND WELLNESS CENTER
 290 FRONT ST BINGHAMTON NY 13905
 MONDAY THRU FRIDAY 8:30 AM - 3 PM
 TOURS & INTAKES DAILY 12:30 PM - 2:30 PM
 (607) 773-1184

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		BIRTHDAY CELEBRATIONS @ 11:30 AM OPEN DISCUSSION GROUP @ 10 AM	STAP & UHS @ 10:30 AM MORNING EXERCISE @ 9:30 AM	CLOSED FOR GOOD FRIDAY HAPPY EASTER EVERYONE!
6	7	8	9	10
MOVIE REVIEW @ 10 AM HELPING HAND CRAFT @ 1 PM	MOVIE RECAP @ 10 AM THRIFT STORE @ 12 PM	BIRD CRAFT @ 10 AM NINTENDO WII BOWLING @ 12:30 PM	NATURE & GARDENING GROUP @ 10 AM CONSUMER ADVISORY COMMITTEE @ 12:30 PM	MENTAL HEALTH GROUP PT1 @ 10:30 AM TAI CHI @ 10 AM
13	14	15	16	17
EXPRESSIVE ARTS W/ UHS @ 10 AM ANXIETY GROUP @ 10 AM	SELF-CARE IN A BOX @ 10 AM ROBOT CITY ARCADE @ 12 PM	DOGS AGAINST ANXIETY @ 10 AM COLORING & CONVERSATION @ 10 AM	MORNING EXERCISE @ 9:30 AM PAINTING @ 10 AM	MENTAL HEALTH GROUP PT2 @ 10:30 AM MOVIE & POPCORN DAY
20	21	22	23	24
ANGER MANAGEMENT GROUP @ 10 AM MUSIC GROUP @ 1 PM	NEGATIVE THOUGHTS GROUP @ 10 AM AGWAY @ 12 PM	WOMEN'S GROUP @ 10 AM MEN'S GROUP @ 10 AM	MORNING EXERCISE @ 9:30 AM MOVIE & POPCORN DAY	POSITIVE AFFIRMATIONS CRAFT @ 10 AM TAI CHI @ 10 AM
27	28	29	30	
BOOK CLUB @ 10 AM EXPRESSIVE ARTS W/ UHS @ 10 AM	BOOK RECAP @ 10 AM CARD & BOARD GAMES @ 12:30 PM	DRUMMING CIRCLE @ 10 AM NINTENDO WII BOWLING @ 12:30 PM	SELF-CARE GROUP @ 10 AM OWEGO @ 11 AM	