

May 2026

COMMON GROUND WELLNESS CENTER
 290 FRONT ST BINGHAMTON, NY | (607)773-1184
 Monday - Friday 8:30 AM - 3 PM
 INTAKES AND TOURS Monday - Friday 12:30 PM - 2:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Recognition Month				1 Coloring & conversation @ 10 AM
4 Anxiety Group @ 10 AM	5 Cats Against Anxiety @ 10 AM Ollies @ 12:30 PM	6 May Birthday Celebrations @ 11:30 AM Craft @ 10 AM	7 Dungeons & Dragons Club @ 10 AM	8 Affirmation Scratch Art @ 10 AM Movie & Popcorn Day
11 Coloring & conversation @ 10 AM	12 Progress & Success Group @ 10 AM Aldi's @ 12:30 PM	13 Hitchhiker's Guide Poster Craft @ 10 AM	14 Consumer Advisory Committee @ 10:30 AM	15 Craft @ 10 AM
18 Book Club @ 10 AM	19 Movie Review @ 10 AM Barnes & Noble @ 12:30 PM	20 Women's Group @ 10 AM Men's Group @ 10 AM	21 Totika Cube Game @ 10 AM	22 Chalk the Walk @ 10 AM Nintendo Wii Bowling @ 12:30 PM
25 Closed in recognition of Memorial Day	26 Gardening @ 10 AM Otsiningo Park @ 12:30 PM	27 Drumming Circle @ 10:30 AM	28 Summer Group @ 10 AM	29 Dogs Against Anxiety @ 10 AM