

# MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spring Cleansing Day	3 Peer Bridger Group @ 10 am Closing @ 11:30 am	4 Common Ground Open House 10 am – 12 pm	5 STAP @ 10:30 am UHS @ 11 am Dogs Against Anxiety @ 10 am	6 Tai Chi @ 10 am Movie Review @ 1 pm
9 Coping w/ Anxiety @ 10 am St Patty Craft @ 1 pm Tioga Downs @ 10 am	10 Peer Bridger Group @ 10 am Owego @ 12 pm	11 Birthday Celebrations @ 11:30 am Food For Healing @ 10 am	12 St. Patty Craft @ 10 am Afternoon Nintendo Wii @ 12:30 pm Game: Mario Party	13 Mental Health Group 10 am Thrifty Shopper @ 1pm
16 Expressive Arts @ 10 am Budgeting @ 10 am	17 St. Patty's Day Celebration	18 Budget Book @ 10 am Check-In Group @ 1 pm Nintendo Wii Bowling @ 12:30 pm	19 STAP @ 10:30 am UHS @ 11 am Coloring & Convo @ 10 am	20 Tai Chi @ 10 am Afternoon Movie & Popcorn Day @ 12:30 pm
23 Anger Management @ 10 am Helping Hand Group @ 1 pm	24 Peer Bridger Group @ 10 am Music Store @ 12:30 pm	25 Men's Group @ 10 am Women's Group @ 10 am	26 Bird Craft @ 10 am Afternoon Movie & Popcorn Day @ 12:30 pm	27 Music Group @ 10 am Karaoke @ 1pm
30 Expressive Arts @ 10 am Progress & Success @ 10 am	31 Peer Bridger Group @ 10 am Regal Cinema @ 12 pm	<p>COMMON GROUND WELLNESS CENTER            290 FRONT ST BINGHAMTON NY 13905            MONDAY THRU FRIDAY 8:30 AM - 3 PM            TOURS &amp; INTAKES DAILY 12:30 PM - 2:30 PM            (607) 773-1184</p>		