



What's UP?

UNIQUE PEERSPECTIVES February 2025 NEWSLETTER
A PEER SUPPORTED MENTAL HEALTH RECOVERY CENTER
Facebook: @accessnypeersupportservices



The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. A Harvard-trained historian Carter G. Woodson and a prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent. The group sponsored a national Negro History week in 1926, choosing the second week of February. People often question why Black History Month happens in February. History states that Black History Month was celebrated in February because it coincides with the birthdays of two important figures in the abolitionist movement: President Abraham Lincoln and Frederick Douglass. February 12th is the birth date of Lincoln, who signed the Emancipation Proclamation in 1863, freeing enslaved people in the Confederate states. February 14th is the birth date abolitionist, and orator Frederick Douglass chose for himself after escaping slavery in 1838.

In the 1920's, Negro History week was created to push back against things like colonization, eugenics, and racialized immigration policies which were affecting all people of color who where in the U.S. The push for a bigger celebration rather than just a week picked up steam as a result of the Civil Rights and the Black Power movements of the late 1960s and early 1970s. There was also a growing awareness of black identity. African American educators and students at Kent State University in Portage County, Ohio, proposed the first Black History Month in February of 1969.

In 1976, Black History Month was dedicated as a time towards celebrating the historic contributions of African Americans. Since 1976, every U.S. President has officially designated the month of February as Black History Month but it was President Gerald Ford who proclaimed it an official national celebration. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history now. Today Black History Month is considered an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history.

A different theme is picked every year as part of Black History Month. The theme for 2025 is "African Americans and Labor". This is a powerful reflection on the pivotal role that the hard work of African Americans has played in shaping our country's history. This theme helps explain the diverse and significant ways in which labor—whether voluntary or involuntary, skilled or unskilled—has been at the core of the Black American experience. From the agricultural labor of enslaved Africans, which was foundational to the economic systems of this country, to the prosperous establishment of "Black Wall Street" which was a demonstration of the brilliance and resilient abilities of black corporate collaboration, this theme highlights how work has been central to both survival and empowerment.

When it comes down to it, remember that a continued engagement with history is vital as it helps give context for the present. Black History Month is an opportunity to understand Black histories, going beyond stories of racism and slavery to spotlight Black achievement. This is your chance to celebrate Black achievement and remind yourself to review any particular situations where systemic racism persists, and give visibility to the people and organizations creating change. Let this time of reflection and celebration empower us all.

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Did you know?

In leap years, February has 29 days instead of 28. This extra day is added to keep our calendar aligned with the Earth's revolutions around the sun.

The chance of being born on February 29th is about 1 in 1,461. People born on this day are sometimes called "leaplings" or "leapers."

February can sometimes pass without a full moon – this astronomical event is called a 'Black Moon' and occurs approximately once every 19 years.

Valentine's Day is named after Saint Valentine, a Roman priest who performed secret marriages for soldiers forbidden to wed.

February's birthstone is an amethyst and its flowers are the violets and primroses.

Hybrid Support Groups:

YOGA

When: Wednesdays from 3:00 p.m. - 4:15 p.m.

The Spa 500

500 W Onondaga St.

Syracuse, NY 13204

Meeting link to join virtually:

<https://buvideo.accessionmeeting.com/j/1164199867>

Call to join by phone: 315-671-1981

Meeting ID: 116 419 9867

All support groups at Unique Peerspectives have changed to in-person only groups. This includes:

Women's Support Group

Abnormal Sensory Perception Peer

Support Group

Self-Support Group

General Support Group

Meditation Time

LGBTQIA+ Support Group

Managing My Emotions

Men's Support Group

Senior Lunch-in

Neurodivergent Support Group

Grief Support Group



In-Person Only Groups:

Game Time

When: Fridays 12:00pm-1:00pm

Peer Team Meeting / Birthday Celebration

When: 2nd Wednesday each month: 12:30pm - 1:00pm
4th Wednesday each month: 12:30pm - 1:00pm

Coloring Relaxation Group

When: Mondays 2:00pm - 3:00pm

Arts & Crafts

When: Tuesdays 1:00pm - 2:00pm

Cooking with the Program Manager

When: Thursdays 2:00pm - 3:00pm

Tea Please

When: Fridays 11:15am - 12:00pm

Expressing Yourself Through Music

When: Thursdays 1:00pm - 2:00pm

Afternoon Activity Time

When: Fridays 1:30pm - 2:30pm





Senior lunch-in

1st Wednesday of the month

1:00 P.M.

Are you a senior? Are you struggling to find other seniors in your community to have conversations with? BRING YOUR OWN LUNCH as we eat together at UP or we may even go to a restaurant. You will also get to enjoy the company and conversation with other UP seniors. Who knows you might find a friend or two.



Self-Support Group

Tuesdays

11:00am - 12:00pm

Learning how to support ourselves is one of the most vital parts of the recovery process. In this group we will provide different strategies on how to support ourselves along our individual healing journeys.

We will explore workbooks focusing on different methods of supporting ourselves and cover topics such as Self-Compassion, Self-Esteem, Self-Confidence, and more. Join us as we develop skills to better ourselves.



Neurodivergent Support Group

2nd Wednesday of the month

1:00 P.M.

Neuro-divergence is another word for people who have Attention Deficit Hyper-activity Disorder (ADHD), Autism Spectrum Disorder (ASD), or any disorder that impacts how our brain functions. This group is designed for people who have neuro-divergence, or who think they might be neuro-divergent. This group will focus on the struggles of individuals who are neuro-divergent, and we will discuss strategies to help cope with these specific issues. We will talk about why neuro-divergent people struggle with these issues, and the ties between the neuro-divergent experience and trauma. Each group will start with a general topic related to neuro-divergence and we will then discuss how that topic relates to our own lives and we can then take turns sharing our experiences related to that topic. The goal of this group is to provide mutual support and validation for one another, and a safe space to learn about how neuro-divergence impacts our day to day lives.



Afternoon Activity Time

Fridays

1:30pm - 2:30pm

Join us each Friday for Afternoon Activity Time!

Activities may include trying your luck during a game of BINGO, testing your knowledge with a game of trivia, expressing your creative talents with an art project, or building models with Legos and much more. Each week we will explore a fun new activity!



Cooking with the Program Manager

Thursdays

2:00pm - 3:00pm

Come cook with the Program Manager of Unique Peerspectives! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients and you do all the cooking...and the eating. There will be a recipe to follow and you will receive guidance from the Program Manager herself. This also gives you time to get to know and understand the person who is in charge of the Unique Peerspectives program.



Grief Support Group

Last Wednesday of the month

1:00 P.M.

Grief can be a deeply painful experience, but you do not have to go through it alone. In this group we will all come together to share our grief and support one another. Whether your loss happened recently or many years ago, we welcome everyone with open arms.

♥ VALENTINE'S DAY ♥

WORD SEARCH

T	Z	X	D	R	S	A	Y	F	Q	Q	F	D	D	A	K	N	E	B	K
J	D	N	T	C	V	J	N	R	U	Y	P	S	V	Y	P	G	U	P	Z
V	U	C	Q	A	L	O	V	E	L	E	T	T	E	R	F	R	C	M	H
C	A	D	F	R	A	Q	F	E	B	R	U	A	R	Y	E	V	O	A	N
N	X	L	A	D	R	E	J	Q	Q	N	O	U	P	H	G	F	N	D	N
Q	S	M	E	L	C	W	Q	B	W	I	E	R	C	C	K	B	V	M	I
O	W	U	S	N	W	Q	E	B	X	M	S	L	O	S	X	Q	E	I	I
K	J	U	U	N	T	B	O	W	A	N	D	A	R	R	O	W	R	R	I
T	Y	X	B	T	M	I	I	S	U	C	R	R	I	S	E	L	S	E	N
X	S	C	F	H	R	Q	N	B	V	L	Q	A	V	C	S	R	A	R	Y
U	H	W	K	G	K	V	F	E	E	K	I	B	N	R	C	B	T	B	J
O	L	U	E	I	J	J	A	U	Z	N	Z	A	Z	E	H	W	I	Z	O
I	N	L	G	E	S	R	U	S	G	P	M	X	O	D	O	B	O	V	L
B	D	J	C	S	T	S	C	B	B	O	K	O	X	U	C	Z	N	D	K
R	F	H	H	L	B	H	E	A	R	E	G	X	U	Z	O	J	H	B	I
X	N	O	E	G	A	R	E	S	N	U	G	O	M	L	L	S	E	E	S
O	X	W	A	C	C	O	K	A	X	D	Z	H	D	A	A	V	A	M	K
N	Z	H	R	Q	N	S	P	T	R	E	Y	Q	I	Q	T	N	R	I	M
Z	N	O	T	W	T	E	R	U	I	T	K	B	V	X	E	L	T	N	A
C	U	P	I	D	L	S	S	G	I	F	T	S	Z	W	S	I	S	E	Q

ADMIRER
BE MINE
CANDY
CARD

BOW AND
ARROW
CANDY
CARD
CHERUB

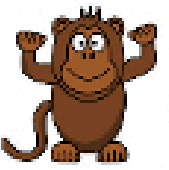
CHOCOLATES
CONVERSATION
HEARTS
CUPID
FEBRUARY

GIFTS
HEART
HUGS
KISSES
XOXO

LOVE LETTER
ROMANCE
ROSES
SWEETHEART
VALENTINE



ANIMAL WORD SCRAMBLE



1. earbve
2. uagrco
3. lwaurs
4. utrlte
5. lgroali
6. occriolde
7. luffboa
8. grite
9. osmopus
10. oirocsrnhe
11. lrtoalgai
12. penheatl
13. macle
14. lworvenie
15. yoctoe
16. riefgaf
17. myoekn
18. nkaoaogr
19. nccoaro
20. daaakrvr





Leap Day
Every 4
Years



Library
Lovers Day



Violets + Primrose
February Flowers

Presidents Day

FEBRUARY



National
Cherry
Month



National
Golden
Retriever
Day

Random Act of
Kindness Week

KINDNESS

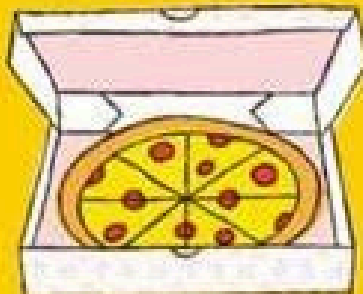


Most
Romantic
Month

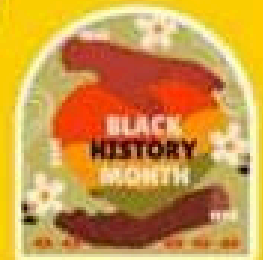


National
Tater Tot
Month

National
Pizza Day



Super Bowl
2nd Sunday



WINTER

Valentine's
Day



Make a
Friend Day



Astrology Signs



Aquarius Pisces



2nd Month
of The Year

Groundhog
Day



MADEWITHHAPPY.COM

Staff Peer Highlight:

Sarah "Zee" Spencer

Birth City: Syracuse

Favorite Food: Pot Roast

Where do you want to go for a vacation: Ireland

Favorite Holiday: Halloween

Favorite Music Genre: I love any kind of music, I listen to just about everything

Interesting Fact About Me: I used to be a professional photographer

Favorite thing about your job as a Peer Specialist: talking to the members and having great conversations

Cats or dogs: both

Favorite Movie: Young Frankenstein

Favorite Pizza Topping: Margarita Pizza

Hobbies: Anything that has to do with Art & hiking & camping



Warm Line

What does the warm line mean? It's a place to call if you're in need of emotional support. It is available 24 hours a day, seven days a week. (Even holidays!!) We've heard many of the Peers didn't realize such an option for help exists. Please take note of this important number. Paste it somewhere you can easily find it. It's also posted in the Hours of Operations listed below. We're always a phone call away!!

WARMLINE #315-437-3300



Berkana House

If you find yourself in an emotional crisis and don't want to go to the hospital, try our Berkana House first. It's a safe place to go to get much needed support through your time of need. All Peer Support Specialists can help you get what you need, ANYTIME! Call Unique Peerspectives for more information or Berkana House!

UP: 315-802-7018
Berkana: 315-437-3301



9-8-8 is the new Suicide & Crisis Lifeline

Effective July 16th - you can now call or text 9-8-8 when you are in need of crisis support greater than what the warmline can provide.

This has replaced the previous suicide hotline number 1 (800) 273-8255. Although if you do call the previous number, you will still be connected to support.

This is just an easier way to reach out and receive support.

So please, if you are feeling suicidal or are in a major crisis call or text 9-8-8 today.

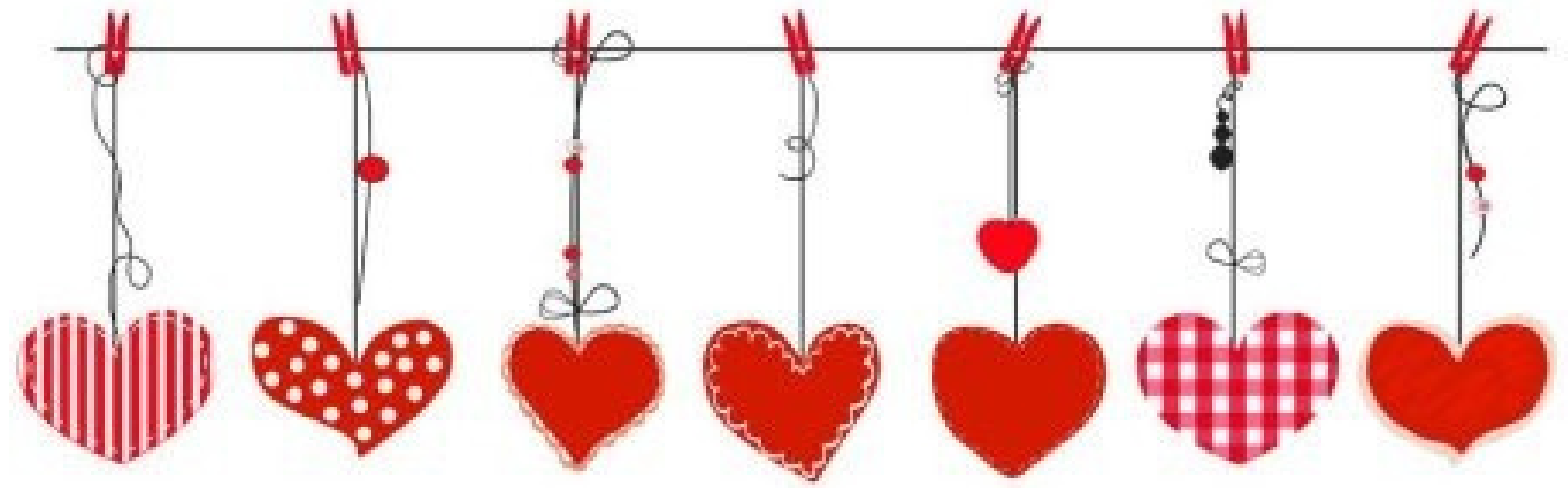
UP Hours of Operation:

Monday	10:00 am – 3:30pm
Tuesday	10:00 am – 3:30pm
Wednesday	10:00am – 3:30pm
Thursday	10:00am – 3:30pm
Friday	11:00am – 3:30pm

Address: 572 S. Salina St, Syracuse, NY 13202
Phone: 315-802-7018
Fax: 315-883-0123
WARM LINE: 315-437-3300

Unique Peerspectives is a program of:





please join us for a

Valentines Party

Unique Peerspectives annual Valentine's Day party will be on Friday, February 14th from 11:00 A.M. to 3:30 P.M. Make sure to wear red or pink for the party. There will be fun activities, great music, and pizza. There will also be great conversation with other UP members and a chance to make some new friends.



Unique Peerspectives & CSS – February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>1:00pm Senior Lunch-in</p> <p>3:00pm Yoga (CSS)</p>	<p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p> <p>2:00pm Cooking with the Program Manager</p>	<p>11:15am Tea Please</p> <p>12:00pm Game Time</p> <p>1:30pm Afternoon Activity Time</p> <p>Coffee Hour at Biscotti's Café (CSS)</p> <p>2:00pm – 3:00pm</p>
10	11	12	13	14
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>12:30pm Peer Meeting & Birthday Celebration</p> <p>1:00pm Neurodivergent Support</p> <p>3:00pm Yoga (CSS)</p>	<p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p> <p>2:00pm Cooking with the Program Manager</p>	<div style="text-align: center;">  <p>Valentine's Day Party</p> </div>
17	18	19	20	21
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>1:00pm Wellness Group</p> <p>3:00pm Yoga (CSS)</p>	<p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p> <p>1:00pm Scribblers (CSS)</p> <p>2:00pm Cooking with the Program Manager</p>	<p style="text-align: center;">STAFF DAY</p> <p style="text-align: center;">Center is Closed</p> <p>Coffee Hour at Biscotti's Café (CSS)</p> <p>2:00pm – 3:00pm</p>
24	25	26	27	28
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>12:30pm Peer Meeting</p> <p>1:00pm Grief Support Group</p> <p>3:00pm Yoga (CSS)</p>	<p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p> <p>2:00pm Cooking with the Program Manager</p>	<p>11:15am Tea Please</p> <p>12:00pm Game Time</p> <p>1:30pm Afternoon Activity Time</p>

Unique Peerspectives / Community Support Services

Access CNY

Women's Support Group

Mondays

11:00am – 12:00pm

Receive support in a women's only space. A variety of topics will be covered. This is a group where women can build a sense of community and discuss topics that are relevant to women's lives.

Call UP at 315-802-7018 for more information.

Abnormal Sensory Perception Peer Support Group

Mondays

12:00pm – 1:00pm

One in ten people hear voices. Voices, visions, or other unusual or extreme experiences may be unique, but they are not uncommon. This group provides a setting where people have the opportunity to share their experiences and benefit from a valuable exchange of first-hand expertise. Members tell their personal stories, listen empathetically to each other, offer support, and suggest strategies.

Call UP at 315-802-7018 for more information.

Mindfulness (CSS)

Mondays

1:00pm – 2:00pm

Mindfulness can be defined as a mental state achieved by focusing one's awareness on the present moment. This group will explore the benefits of mindfulness and include practice of tools to use in everyday life.

Call Kerri at 315-218-0849 for more information.

Coloring Relaxation Group

Mondays

2:00pm – 3:00pm

Do you love coloring? Come join us for this group. Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. We spend an hour coloring anything you can imagine. If you can't find a coloring page that you like, we can help print other pictures for you to color.

Call UP at 315-802-7018 for more information.

Self-Support Group

Tuesdays

11:00am – 12:00pm

Learning how to support ourselves is one of the most vital parts of the recovery process. In this group we will provide different strategies on how to support ourselves along our individual healing journeys. We will explore workbooks focusing on different methods of supporting ourselves and cover topics such as Self-Compassion, Self-Esteem, Self-Confidence, and more. Join us as develop skills to better ourselves.

Call Unique Peerspectives at 802-7018 for more information.

Men's Support Group

Fridays

12:00pm – 1:00pm

As men, our mental health is often stigmatized or not taken seriously. This is a group where men can build a sense of community and discuss topics that are relevant to men's lives.

Call UP at 315-802-7018 for more information.

Arts and Crafts

Tuesdays

1:00pm – 2:00pm

Art is a form of expressing yourself, while at the same time becoming captivated in the present. You don't have to be Da Vinci or Picasso to enjoy making personal, decorative creations. There will be crafting material and paints for the group. We will do a variety of art projects for self-directed creations. Make sure to be on time to this group as there are only ten spots available.

Call UP at 315-802-7018 for more information.

General Support Group

Wednesdays

11:00am – 12:00pm

This group is open to everyone. We cover a variety of topics and offer support in a group setting. Everyone is there to support each other, together, while we cover hard topics that some may not want to speak about.

Call UP at 315-802-7018 for more information.

Meditation Time

Wednesdays

12:00pm – 1:00pm

Meditation can give you a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace. We have a separate room that will be designated for meditating. There will be a video that helps guide you through your meditation. Come join this group and bring peace to yourself.

Call UP at 315-802-7018 for more information

Peer Team Meeting / Birthday Celebration

2nd Wednesday of each month & 4th Wednesday of each month

12:30pm – 1:00pm

If you want to voice your thoughts about potential changes you would like to see or if you would like to stay up-to-date on the most recent changes, this group is for you. These twice a month meetings will primarily be all about you. We all will collaborate and toss ideas around that are relevant to what we do here at UP, and quite possibly implement them into our program. Additionally, we will be celebrating all members' birthdays that are in the current month. Cupcakes and ice cream will be served!

Call UP at 315-802-7018 for more information.

Senior Lunch-in

1st Wednesday of the month

1:00pm – 2:00pm

Are you a senior? Are you struggling to find other seniors in your community to have conversations with? On the first Wednesday of the month at 1:00 pm, BRING YOUR OWN LUNCH and enjoy the company of other UP seniors.

Call Unique Peerspectives at 802-7018 for more information.

Neurodivergent Support Group

2nd Wednesday of the month

1:00pm – 2:00pm

Neuro-divergence is another word for people who have Attention Deficit Hyper-activity Disorder (ADHD), Autism Spectrum Disorder (ASD), or any disorder that impacts how our brain functions. This group is designed for people who have neuro-divergence, or who think they might be neuro-divergent. This group will focus on the struggles of individuals who are neuro-divergent, and we will discuss strategies to help cope with these specific issues. We will talk about why neuro-divergent people struggle with these issues, and the ties between the neuro-divergent experience and trauma. Each group will start with a general topic related to neuro-divergence and we will then discuss how that topic relates to our own lives and we can then take turns sharing our experiences related to that topic. The goal of this group is to provide mutual support and validation for one another, and a safe space to learn about how neuro-divergence impacts our day to day lives.

Call Unique Peerspectives at 802-7018 for more information.

Wellness Group (CSS)

3rd Wednesday of the month

1:00pm – 2:00pm

This group is brought to UP by CSS. During this group you will learn about what is needed to support your mental health through healthy living. There will be different topics covered that are important to your health and wellness.

Call Melanie or Kerri at 218-0848 for more information.

Grief Support Group
Last Wednesday of every month
1:00pm – 2:00pm

Grief can be a deeply painful experience, but it is not something you need to go through alone. Every last Wednesday of the month at 1:00pm, we will all come together to share our grief and support one another. Whether your loss happened recently or long ago, we welcome everyone with open arms.

Call Unique Peerspectives at 802-7018 for more information.

Yoga (CSS)
Wednesdays
3:00pm – 4:15pm

Yoga increases body awareness, relieves stress, reduces inflammation, and calms/centers the nervous system. It can also help depression and insomnia. *This is now **In-Person** at the Spa @ 500 W. Onondaga St.!!!!* The virtual option will still be available at UP.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1164199867>

Meeting ID: 116 419 9867

Call to join by phone: 315-671-1981

Call Kerri at 218-0848 for more information.

LGBTQIA+ Support Group
Thursdays
11:00am – 12:00pm

This group is informal and much like any other support group we offer, but is geared towards the life experiences of anyone who identifies as LGBTQIA+ Being queer can often be a scary and lonely experience. This support group is here to build a sense of community amongst LGBTQIA peers. We also welcome those who want to respectfully learn more about the community.

Call UP at 315-802-7018 for more information.

Managing My Emotions
Thursdays
12:00pm – 1:00pm

Please join us for this group where we will discuss strategies about learning how to navigate the waves of our emotions, thus not allowing them to run our lives. We will learn how to understand our feelings, untangle complicated emotions, increase positive emotions, soothe ourselves after experiencing tough emotions, learn how to not let our emotions boil over into anger or rage, and learn to clearly communicate our feelings in a healthy, non-threatening way.

Call UP at 315-218-0800 for more information.

Expressing yourself through Music
Thursdays
1:00pm – 2:00pm

Do you love listening to music or singing to your favorite song? UP offers this group for people who love listening to music and want to share their favorite songs. Everyone will get the chance to choose a song to share and even sing along with. After each song, we will discuss what we like/don't like, what the lyrics mean, or any thoughts we have. This is also a great chance to broaden your musical horizons and hear music you never knew existed!

Call UP at 315-802-7018 for more information

Scribblers (CSS)
February 20th
1:00pm – 2:00pm

Be a contributor to our *Newsletter!* Submit your own pieces through writing, photography or art. We will continue discussing the topics for our next newsletter. *Scribblers started out as a writers group, but has evolved into a discussion and sharing group for any type of creative expression. We use creativity as a tool for wellness. We talk about projects we have been independently working on and projects we might like to try out next. If you like how a project has turned out, you can submit it for inclusion in our next quarterly Scribblers' Newsletter.* (an excerpt by B.C. Jones) *Submissions are open at this time!*

Call Kerri at 218-0848 for more information.

Cooking with the Program Manager

Thursdays

2:00pm – 3:00pm

Come cook with the Program Manager of Unique Peerspectives! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients and you do all the cooking...and the eating. There will be a recipe to follow and you will receive guidance from the Program Manager. This also gives you time to get to know and understand the person who is in charge of the Unique Peerspectives program. Make sure to sign-up as there are only five spots available for this group.

Call Jennifer Chandler at 315-218-0806 for more information.

Tea Please...

Fridays

11:15am – 12:00pm

Tea has an amino acid that reduces stress. Combined with caffeine, it helps to boost brain activity and mood giving a sense of relaxation and well-being. Gathering together is enjoyable, but it also nurtures our most important relationships and promotes a sense of belonging and community. It can leave you feeling incredibly inspired, rejuvenated and connected. So come gather with us and drink some hot Tea.

Call UP at 315-802-7018 for more information.

Game Time

Fridays

12:00pm – 1:00pm

Have some fun with the UP gaming group! We have a wide variety of games. We offer board games, card games, and a Nintendo switch to play Mario Kart, Tetris, and much more! Come join us for a fun and friendly competition!

Call UP at 315-802-7018 for more information.

Afternoon Activity Time

Fridays

1:30pm – 2:30pm

Join us each Friday for Afternoon Activity Time! Activities may include trying your luck during a game of BINGO, testing your knowledge with a game of trivia, expressing your creative talents with an art project, or building models with Legos and much more! Each week we will explore a fun new activity!

Call UP at 315-802-7018 for more information.

Coffee Hour at Biscotti's Café (CSS)

1st & 3rd Fridays of the month

2:00pm – 3:00pm

741 N. Salina Street

Please feel free to join us for in-person Coffee Hour! You will have the opportunity to get out and greet those we have been socializing with virtually all these months! This is an informal meet and greet event, so feel free to stay as long or as short as you would like!

Call Kerri at 218-0848 for more information.

*****UP does not offer any virtual groups at this time. Sorry for any inconveniences this may cause. If you have any questions, please call Jennifer Chandler at 315-218-0806**