

Archway Station Short Takes August 2026

**Check out Short Takes on the web @ <http://archwaystation.net>
choose “Resources I links” located at the top, right of the page,
then select Archway Short Takes”**

Archway Station
Wellness &
Recovery Center
121 Memorial
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 5118
Website:
archwaystation.net

Special Points of Interest:

Community
Events

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August is Wellness Awareness Month

The 5 pillars of wellness are physical health, mental wellbeing, emotional balance, social connection, and spiritual alignment. Focusing on these core areas helps you live a healthy, balanced, and happy life.

Physical Health:

- Eating nutritious whole foods.
- Moving your body regularly through exercise.
- Getting 7 to 9 hours of quality sleep.

Mental Wellbeing:

- Managing daily stress.
- Keeping your mind active and learning new things.
- Practicing mindfulness.

Emotional Balance:

- Understanding and accepting your feelings.
- Building personal resilience.
- Practicing self-care and self-compassion.

Social Connection:

- Building healthy relationships with family and friends.
- Being part of a supportive community.
- Communicating openly with others.

Spiritual Alignment:

- Finding a personal sense of purpose and meaning.
- Connecting with your inner self.
- Appreciating nature and peace.

The 5-3-1 rule for wellness is a simple framework created by Social Scientist Kasley Killam to build and maintain social health by targeting 5 different people or groups weekly, nurturing 3 close relationships, and aiming for 1 hour of social interaction daily.

The Breakdown of the 5-3-1 Targets

5 – Weekly Connections: Reach out to or spend time with five different individuals or social groups each week (such as neighbors, coworkers, or acquaintances) to keep your network active.

3 – Close Relationships: Maintain and heavily nurture at least three close, trusted relationships where you can be entirely authentic and supported.

1 – Daily Interaction: Strive for about one hour of total social connection each day, which can be broken up into smaller chats or meaningful moments throughout your routine.

Archway Station, Inc.

Person-Centered Planning Philosophy

Archway believes in and uses the philosophy and approaches of person-centered planning. One critical way to show respect for each person's individuality is through the use of person-centered planning which focuses on first, understanding the person and then, helping the person use effective decision-making skills to guide their journey of recovery.

Person-centered planning means that we listen to you closely in order to understand what is important to you in your life. We listen to what is and isn't working for you and what you think needs to change. Workers form a helping partnership with you and work together on a plan that is meaningful to you. We help you find a main goal to work on and break it down into a few steps that will help you reach your goals.

Group Schedule

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1/8
2	3 Current Events	4 Music Sharing	5 Board Games	6 War on Drugs	7 Walking @ Constitution	8
	Rec Activity	Bank & Errands	Walmart	Bank & Errands	Rec Activity	
9	10 Psychedelics	11 Budgeting w/ Jessica	12 Proper Medication Use	13 M.A.T	14 Rocky Gap Cookout	15
	Country Club Mall	Bank & Errands	Rec Activity	Bank & Errands	Rocky Gap Cookout	
16	17 Street Drugs	18 Sharks	19 Community Resources	20 Current Events	21 Three Fields Hangout	22
	Rec Activity	Bank & Errands	Rec Activity	Bank & Errands	Rec Activity	
23	24 Stereotypes	25 Street Drugs 2	26 Arts & Crafts	27 Vaping & Smoking	28 Open Discussion	29
	Rec Activity	Bank & Errands	Ollies/ LaVale Plaza	Bank & Errands	Bowling	
30	31 Current events					
	Rec Activity					

Wellness & Recovery Center Lunch August 2026

Mon, Wed, & Fri - Lunch served at W&R Center with Bread & Milk between 11am-11:45am.

Tue & Thu - Packed Lunches can be picked up at W&R at 11:00 am, if ordered by 10:00am at 301-724-2582 ext. 5100.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tomato Soup Grilled Cheese Blueberries	4 Hoagie Cucumber Salad Cherries	5 Beef Stroganoff Broccoli Applesauce	6 Chicken Salad Celery Grapes	7 Leftovers
10 Cheeseburger Potato Wedges Peaches	11 Tacos Toppings Pineapple 	12 Fish Rice Stewed Tomatoes Cantaloupe	13 Chicken Sandwich Asian Salad Banana	14 Leftovers
17 Baked Spaghetti Garlic Bread Salad Mandarin Oranges	18 Shrimp Salad Spinach & Tomato Plum	19 Pork Chops Mashed Potatoes Pears	20 Egg Salad Pepper Strips Blackberries	21 Leftovers
24 Chili Dog Curly Fries Fruit Cocktail	25 Ham & Cheese Cucumber Pineapple	26 Hot Turkey Mashed Potatoes Peas	27 Quesadilla Salsa Strawberries	28 Leftovers
31 Stuffed Peppers Mashed Potatoes Apples				



This next section is community events you may be interested in.

Allegany County Farmers Market



Dates:

April 30, 2026 - October 30, 2026

Time:

9:30 AM to 1:00 PM

Recurrence:

Recurring weekly on Thursday, Friday, Saturday



Price: free

Time: 1:00 PM to 2:00 PM

Recurrence: Recurring monthly on the 3rd Tuesday

Join the Center for Mind-Body Medicine's free Open Practice, a free virtual session held the third Tuesday of every month. Led by our experienced Faculty, these sessions introduce evidence-based tools for self-care. Whether you're new to mind-body practices or looking to deepen your knowledge, Open Practice is a great place to start. Register today to reserve your spot!

<https://cmbm.org/mind-body-resources/open-practice/>

SUMMER MUSIC SERIES

SATURDAYS • 12-2PM • LIBERTY STREET PLAZA

Saturday, June 13

Night Traveler

A three piece band
specializing in the
60's, 70's, 80's and 90's.

Saturday, August 8

RK Jazz

A jazz ensemble with
100+ years of combined
playing experience.

Saturday, July 11

Replay

A dynamic blend of
classic rock, Americana
and original music.

Saturday, August 22

Taber Robinette

A singer/songwriter with
original songs & alt music
from the 60s to today.

Saturday, July 25

Butterscotch Blonde

A blend of rock and
dance hits from the '70s,
'80s, '90s and today.

Saturday, September 12

Folk 'Em All Trio

American roots music trio that
covers a vast array of classic
Americana and bluegrass.



CUMBERLAND HISTORIC CITY CENTER



CumberlandAlive.com

CUMBERLAND
DOWNTOWN DEVELOPMENT COMMISSION
A Main Street Maryland Community

CUMBERLAND PARKS & REC

Presents

SUNDAY IN THE PARK CONCERT SERIES

Featuring:

MAY 24	POTOMAC CONCERT BAND	JULY 19	REVV
MAY 31	40 WEST	JULY 26	PIERCE MILLER BAND
JUNE 7	PAPERCUT	AUG 2	FROSTBURG ARION BAND
JUNE 14	SERVENTS HEART	AUG 9	ACOUSTIC W/ GARY ANNETTE & JIMMY
JUNE 21	NIGHT TRAVELER	AUG 16	PROS FROM DOVER
JUNE 28	ALMOST FAMOUS	AUG 23	SHANTY IRISH
JULY 5	REPLAY VINTAGE POP	AUG 30	BUCK WALT CAREY & FRIENDS
JULY 12	ELI LEV	SEP 6	POTOMAC CONCERT BAND



EVERY SUNDAY 7:30-9 PM | FREE FOR ALL
CONSTITUTION PARK AMPHITHEATER