

Connections Program Calendar: Seneca - November 2024



Facebook @ Rounded Recovery: 833-4-FLACRA, Option 5: 27 Cayuga Street, Seneca Falls

* Indicates also available on Zoom

	S	M	T	W	T	F	S
MORNING	Closed	9am-4:30pm	9am - 4:30pm	9am - 4:30pm	9am - 4:30pm	9am - 8pm	9am-5pm
		9am Coffee Chat 10am Momentum Monday's 11am NARCAN Training (by request)	9am Gentle Yoga*/ Coffee Chat 10am Member's choice	9am Functional Fitness*/Coffee Chat 12:00pm Meditation with Chrissy	9am Tai Chi*/ Coffee Chat 10am Adventures with Gene!	9am Coffee Chat 9-11am Disability Resource Coordinator David Kelley	9-11am Coffee Chat 12pm Movie Day Saturday's
AFTERNOON/EVENING	****NARCAN**** Training Available by Request Any Day	1pm Breathwork with Jeanette	1pm Mindfulness Journaling with Mitch	1pm Art Group with Mitch and Chrissy	3pm Member's Choice	5pm Game Night	3pm Social Flow (games, art, etc.)

Link to register for any group: *Indicates also available on Zoom.

Register for meetings here: https://flacra-org.zoom.us/meeting/register/tZMtceuorD4jGdzqabeWivRid_KeHb2sPqLH

Meeting id: 870 6202 5938 | Passcode: 5330507