



Connections Program Calendar: Seneca - May 2025

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 Mantra Meditation / Coffee Chat	9am Gentle Yoga*/ Coffee Chat	9am Functional Fitness*/Coffee Chat	9am Tai Chi*/ Coffee Chat	9am Moving Meditations / Coffee Chat	9-11am Coffee Chat
	Triple P Parenting & Anger Management Available by request	10am Momentum Monday's	10am Member's choice	12:00pm Meditation with Chrissy	10am Adventures with Gene!	9-11am Disability Resource Coordinator David Kelley	12pm Movie Day Saturday's
		11:30am "Change Your Diet Change Your Mind" Book Study	11am NARCAN Training (by request)				
AFTERNOON/EVENING	****NARCAN**** Training Available by Request Any Day	1pm Breathwork with Jeanette	1pm Pawsitive Pathways at Beverly's! (biweekly)	1pm Art Group with Mitch and Chrissy	1pm Member's Choice	1pm Coping Skills with Ashley!	3pm Social Flow (games, art, etc.)
			3pm Walkaholics	3pm Walkaholics!	3pm Walkaholics!	3pm Walkaholics! 5pm Game Night	4pm Walkaholics!

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

Register for meetings here: https://flacra-org.zoom.us/meeting/register/tZMtceurD4jGdzqabeWivRid_KeHb2sPqLH

Meeting id: 870 6202 5938 | Passcode: 5330507