

# Connections LIVE: January 2025 *Yates Connections*

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 20 Maiden Ln. Penn Yan



A FLACRA PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>	<p>Closed</p> <p>See you tomorrow!</p> <p><b>**NARCAN Trainings Available Daily Upon Request**</b></p>	<p>Open 9am-5pm</p> <p><b>9am - Mantra Meditation*/</b> <b>9am - Morning Connections</b></p> <p><b>10am - Spiritual/Grateful AF</b></p>	<p>Open 8am-8pm</p> <p><b>9am - Gentle Yoga*</b></p> <p><b>9am - Morning Connections</b></p> <p><b>10am - Par For the Course</b></p> <p><b>11am - Oak Hill Day</b></p>	<p>Open 9am-5pm</p> <p><b>9am - Functional Fitness*/Morning Connections</b></p> <p><b>10am - Once Again Wednesdays with Johnny</b></p>	<p>Open 9am-5pm</p> <p><b>9am - Tai Chi*</b> <b>9am - Morning Connections</b></p> <p><b>10:00am -Adulting 101 with Sarah and Tom</b></p>	<p>Open 9am-5pm</p> <p><b>9am - Moving Meditations*</b> <b>9am - Morning Connections</b></p>	<p>Open 9am-5pm</p> <p><b>9am - Morning Connections</b></p>
<b>AFTERNOON</b>	<p>See you tomorrow!</p>	<p><b>1 - Par for the Course</b></p> <p><b>2pm - Tootle Around Town with Tom</b></p> <p><b>3pm - Art Group</b></p>	<p><b>12pm - Holistic Health &amp; Wellness*</b></p> <p><b>2pm - Spiritual/Grateful AF Group</b></p>	<p><b>2pm - Recovery Music</b></p> <p><b>3:00p- Grateful/Spiritual AF Group</b></p>	<p><b>12pm - Grateful/Spiritual AF Group</b></p> <p><b>1pm - Par For the Course</b></p> <p><b>2pm - Life Skills</b></p>	<p><b>2pm - Mindfulness</b></p> <p><b>2pm - Tootle Around Town with Tom</b></p> <p><b>3pm - Spiritual/Grateful AF Group</b></p>	<p><b>12pm - Grateful AF Group/ Spiritual AF</b></p>
<b>EVENING</b>	<p>See you tomorrow!</p>	<p><b>3:30p - Recovery Trivia/Par for the Course</b></p>	<p><b>3:30p - Recovery Trivia</b></p> <p><b>5:30pm - NA Meeting</b></p>	<p><b>3:30p - Recovery Trivia</b></p>	<p><b>3pm - Recovery Trivia</b></p>	<p><b>3:30p - Recovery Trivia</b></p>	<p><b>3pm - Recovery Trivia</b></p>