

# Connections LIVE: February 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></p> <p><b>9am Morning Connections</b></p> <p><b>10am Spiritual/Grateful AF</b></p> <p><b>12pm Par for the Course</b></p>	<p>Open 8am-8pm</p> <p><b>9am Gentle Yoga*</b></p> <p><b>9am Morning Connections</b></p> <p><b>10am Grateful/Spiritual</b></p> <p><b>12pm Par for the Course/Recovery Trivia</b></p>	<p>Open 9am-5pm</p> <p><b>9am Functional Fitness*</b></p> <p><b>9am 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></p> <p><b>9am - Morning Connections</b></p> <p><b>10:00am Grateful/Spiritual</b></p> <p><b>12pm Recovery Music</b></p>	<p>Open 9am-5pm</p> <p><b>9am Moving Meditations*</b></p> <p><b>9am Morning Connections</b></p>	<p>Open 9am-5pm</p> <p><b>9am Morning Connections</b></p> <p><b>10am Grateful/Spiritual</b></p>
<b>AFTERNOON</b>	<p>See you tomorrow!</p>	<p><b>1pm Recovery Music</b></p> <p><b>2pm Recovery Trivia</b></p> <p><b>3pm Tootles Around Town with Tom (Weather Dependent)</b></p>	<p><b>1pm Adulting 101</b></p>	<p><b>1pm (NEW) Recovery Dharma</b></p> <p><b>2pm Par for the Course/Recovery Trivia</b></p> <p><b>3:00p Grateful/Spiritual AF Group</b></p>	<p><b>1:30pm Par For the Course/Recovery Trivia</b></p>	<p><b>1pm Par for the Course/Recovery Trivia</b></p> <p><b>2pm SPLV Group</b></p> <p><b>3pm Adulting 101</b></p>	
<b>EVENING</b>	<p>See you tomorrow!</p>	<p><b>2:30pm - 5pm After School Hang Out: Games</b></p>	<p><b>2:30pm - 5pm After School Hang Out</b></p> <p><b>5:30pm NA Meeting</b></p>	<p><b>4p Wellness Connection</b></p>	<p><b>4pm Recovery Trivia</b></p>	<p><b>2:30pm - 5pm After School Hang Out: Meditation &amp; Mindful Art</b></p>	