

Connections Program Calendar: Seneca - April 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 Mantra Meditation* / Coffee Chat 10am Momentum Monday's	9am - 4:30pm 9am Gentle Yoga* / Coffee Chat 10am Parenting Classes with CAAFL 10am NARCAN Training (by request)	9am - 4:30pm 9am Functional Fitness*/Coffee Chat 12:30pm Meditation with Chrissy	9am - 4:30pm 9am Tai Chi* 10am Adventures with Gene!	9am - 9pm 9am Moving Meditations*/ Coffee Chat 9-11am David Kelley- Disability Resource Officer	9am-5pm 9am-11am Coffee Chat 12pm Movie Day Saturday's
AFTERNOON/EVENING	****NARCAN**** Training Available by Request Any Day	1pm Breathwork with Jeanette	3pm Member's Choice	1pm Art Group	2:30pm Member's Choice	2pm Open Discussion 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/tZMtceurD4jGdzqabeWivRid_KeHb2sPqLH

Meeting id: 870 6202 5938 | Passcode: 5330507