

Connections LIVE: April 2024 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
MORNING	<p>Closed</p> <p>See you tomorrow!</p> <p>**NARCAN Trainings Available Daily Upon Request**</p>	<p>Open 9am-5pm</p> <p>9am Mantra Meditation* / Breakfast Club</p> <p>12pm Manifesting Monday's - setting and achieving goals.</p>	<p>Open 9am-8pm</p> <p>9am Gentle Yoga* / Coffee Chat</p> <p>10:30am Art in Recovery</p> <p>10am Par For the Course</p>	<p>Open 9-5p</p> <p>9am Functional Fitness* / Breakfast Club</p> <p>10am Once Again Wednesdays</p> <p>12pm Coping Skills</p>	<p>Open 9am-8pm</p> <p>9am Tai Chi* / Coffee at Amity Coffee Co. Penn Yan</p> <p>10:00am Supportive Living Group</p>	<p>Open 9am-6pm</p> <p>9am Moving Meditations* / Breakfast Club</p> <p>10am- The Subtle Art of Letting Go Group</p>	<p>Closed</p> <p>See you Monday!</p>
AFTERNOON	<p>See you tomorrow!</p>	<p>1pm Spiritual AF group</p> <p>2pm Tootle Around Town with Tom</p>	<p>12pm Holistic Health & Wellness*</p> <p>1pm Life Skills</p> <p>2pm- Spiritual AF Group</p> <p>3pm- Come Together Tuesdays</p>	<p>2pm- Tootle Around Town with Tom- Fitness</p> <p>3:00p- Grateful AF Group</p>	<p>12pm- Grateful AF Group</p> <p>1:30pm Ted Talk Thursdays</p> <p>2pm Par For The Course</p>	<p>1pm Par for the Course</p> <p>2pm Mindfulness *</p> <p>3pm Tootle Around Town with Tom</p>	<p>See you Monday!</p>
EVENING	<p>See you tomorrow!</p>	<p>2:30-5 Afterschool hangout -games</p>	<p>2:30-4:30pm- Afterschool Hangout</p> <p>5:30pm NA Meeting</p>	<p>2:30-4:30pm- Afterschool Hangout</p> <p>4pm Wellness Connection *</p>	<p>4pm Art in Recovery Group</p> <p>6pm- The Subtle Art of Letting Go</p>	<p>2:30-5pm Afterschool hangout -meditation & mindful art</p>	<p>See you Monday!</p>

*Indicates available on Zoom Link to register for any group: https://flacra.org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdOt_IK

Zoom Phone Access: 1-929-205-6099/Meeting ID: 911 2063 4552 PW: 190397