

# Connections LIVE: November 2023 Yates

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><b>**NARCAN Trainings Available Daily Upon Request**</b></p>	<p>Open 9am-5pm</p> <p><b>9am Mantra Meditation*</b>/Breakfast Club</p> <p><b>12pm</b> Manifesting Monday's - setting and achieving goals.</p>	<p>Open 9am-8pm</p> <p><b>9am Gentle Yoga*</b>/Coffee Chat</p> <p><b>10:30am</b> Art in Recovery</p>	<p>Open 9-5p</p> <p><b>9am Functional Fitness*</b>/Breakfast Club</p> <p><b>12pm</b> Coping Skills</p>	<p>Open 9am-5pm</p> <p><b>9am Tai Chi*/</b> Coffee Chat</p> <p><b>10:00am</b> Supportive Living Group</p>	<p>Open 9am-5pm</p> <p><b>9am Moving Meditations*/</b> Breakfast Club</p> <p><b>10am</b> Breathwork with Jeanette</p>	<p>Closed</p> <p>See you Monday!</p>
AFTERNOON	<p>See you tomorrow!</p>	<p><b>1pm</b> Social Flow (talk, art, games)</p> <p><b>2pm</b> Narcan Training</p>	<p><b>12pm</b> Holistic Health &amp; Wellness*</p> <p><b>1pm</b> Life Skills</p>	<p><b>2pm</b> Narcan training *</p>	<p><b>12pm</b> Learn to Cope</p> <p><b>1:30pm</b> Ted Talk Thursdays</p>	<p><b>1pm</b> Recovery Music</p> <p><b>2pm</b> Mindfulness *</p>	<p>See you Monday!</p>
EVENING	<p>See you tomorrow!</p>	<p><b>2:30-5</b> Afterschool hangout -games</p>	<p><b>4pm</b> Happy Hour</p> <p><b>6:30pm-8pm</b> NA Meeting</p>	<p><b>4pm</b> Wellness Connection *</p>	<p><b>4pm</b> Journaling</p>	<p><b>2:30-5</b> Afterschool hangout -meditation &amp; 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](https://flacra-org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdOt_IK)

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