

Connections LIVE: MAY 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
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*/ 9am- Morning Connections</p> <p>10a- Spiritual/Grateful AF Group</p>	<p>Open 9am-8pm</p> <p>9am Gentle Yoga*</p> <p>9am Morning Connections</p> <p>10am-Par For the Course</p> <p>11am- Dear Universe/ Spiritual/Grateful AF Group</p>	<p>Open 9-5p</p> <p>9am Functional Fitness*/ 9am Morning Connections</p> <p>10am- Once Again Wednesdays with Johnny or Tom</p>	<p>Open 9am-5pm</p> <p>9am Tai Chi* 9am- Morning Connections</p> <p>10am- Dear Universe</p> <p>11am- Spiritual/Grateful</p>	<p>Open 9am-5pm</p> <p>9am Moving Meditations* 9am- Morning Connections</p> <p>10am- Spiritual/Grateful AF Group</p>	<p>Open 9am-5pm</p> <p>9:00am- Morning Connections</p>
AFTERNOON	<p>See you tomorrow!</p>	<p>1pm-Par for the Course</p> <p>2pm- Recovery Music</p> <p>2:30pm- Afterschool Hangout</p> <p>3pm- Junk Journaling</p>	<p>12pm Holistic Health & Wellness*</p> <p>1pm- Recovery through Art Group</p> <p>3pm- Afterschool Hangout</p>	<p>2pm- Grateful/Spiritual AF Group</p> <p>2:30pm- Afterschool Hangout</p> <p>3pm- Junk Journaling</p>	<p>1pm Par For The Course</p> <p>1pm- Recovery through Art Group</p> <p>3pm- Afterschool Hangout</p>	<p>2pm Mindfulness *</p> <p>1pm- Spiritual/Grateful AF Group</p> <p>2:30pm- Afterschool Hangout</p> <p>3pm- Junk Journaling</p>	<p>1PM- Recovery Dharma Self Help Group</p>

EVENING

See you tomorrow!

**5pm- Recovery
Dharma/NA**