

# Connections LIVE: August 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><b>**NARCAN Trainings Available Daily Upon Request**</b></p>	<p>Open 9am-5pm</p> <p><b>9am Mantra Meditation*</b> / 9am- Coffee Chat</p> <p><b>12pm</b>-Manifesting Monday's - setting and achieving goals.</p>	<p>Open 8am-8pm</p> <p><b>9am Gentle Yoga*</b></p> <p><b>9am</b> Coffee Chat</p> <p>10am Par For the Course</p> <p>11am- Oak Hill Day</p>	<p>Open 9-5p</p> <p><b>9am Functional Fitness*</b>/Coffee Chat</p> <p><b>10am- Once Again Wednesdays with Johnny</b></p> <p><b>12pm</b> Wellness in Recovery</p>	<p>Open 9am-5pm</p> <p><b>9am Tai Chi*</b> / Coffee at Amity Coffee Co. Penn Yan</p> <p><b>10:00am</b> Supportive Living Group</p>	<p>Open 9am-6pm</p> <p><b>9am Moving Meditations*</b> / Coffee Chat</p> <p><b>10am- The Subtle Art of Letting Go Group- Journaling</b></p>	<p>Open 9am-5pm</p> <p>9:00am- Coffee Chat</p> <p>10:30am- 12 Step to a Better Life</p> <p>12pm- Grateful AF Group/ Spiritual AF</p>
AFTERNOON	<p>See you tomorrow!</p>	<p><b>1pm</b>-Spiritual AF group</p> <p><b>2pm</b> Tootle Around Town with Tom</p>	<p><b>12pm</b> Holistic Health &amp; Wellness*</p> <p><b>2pm- Spiritual AF Group</b></p> <p><b>3pm- Come Together Tuesdays</b></p>	<p><b>2pm</b>- Tootle Around Town with Tom- Fitness</p> <p><b>3:00p- Grateful AF Group</b></p>	<p><b>12pm</b>- Grateful AF Group</p> <p><b>1pm</b> Par For The Course</p>	<p><b>1pm</b> Par for the Course</p> <p><b>2pm</b> Mindfulness *</p> <p><b>3pm</b> Tootle Around Town with Tom</p>	<p><b>1pm</b>- Fishing Group</p> <p><b>03:00pm</b>- Healthy Coping Skills</p>
EVENING	<p>See you tomorrow!</p>	<p><b>2:30-5</b> Afterschool hangout -games</p>	<p><b>2:30-4:30pm</b>-Afterschool Hangout</p> <p><b>5:30pm</b> NA Meeting</p>	<p><b>2:30-4:30pm</b>-Afterschool Hangout</p> <p><b>4pm</b> Wellness Connection *</p>	<p><b>3pm</b>- Fishing Group Activity</p>	<p><b>2:30-5pm</b> Afterschool hangout -meditation &amp; mindful art</p>	