

Connections Program Calendar: Seneca - November 2023



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	<u>Closed</u>	<u>9am-4:30pm</u> 9am Mantra Meditation* / Coffee Chat 10am Momentum Monday's 11am Aromatherapy (20 th)	<u>9am - 4:30pm</u> 9am Gentle Yoga* / Coffee Chat 10am NARCAN Training 12pm Emotional Regulation	<u>9am - 4:30pm</u> 9am Functional Fitness*/Coffee Chat	<u>9am - 8pm</u> 9am Tai Chi*/Adventures with Gene!	<u>9am - 9pm</u> 9am Moving Meditations*/Coffee Chat	<u>12pm-5pm</u> 12pm Social Flow (games, art, etc.)
AFTERNOON/EVENING	****NARCAN**** Training Available by Request Any Day	1pm Breathwork with Jeanette	1pm Walkoholics 3pm Member's Choice	1pm Art Group (Guided on 29 th) 2pm Breathwork with Jeanette	2:30pm Member's Choice 7pm Women's AA Meeting*	2pm Express Yourself! 5pm Friday "Fun" Night!	2pm Hour of Hope*

Link to register for any group: *Indicates also available on Zoom.

Register for meetings here: https://flacra-org.zoom.us/meeting/register/tZMtceuorD4jGdzqabeWivRid_KeHb2sPqLH

Meeting id: 870 6202 5938 | Passcode: 5330507