

Connections Program Calendar: Seneca - November 2025

Facebook @ Rounded Recovery: 833-4-FLACRA, Option 5: 27 Cayuga Street, Seneca Falls

* Indicates also available on Zoom



A FLACRA PROGRAM

	S	M	T	W	T	F	S
MORNING	Closed	8:30am-4:00pm 9am Mantra Meditation / Coffee Chat 10am Momentum Monday's	8:30am-4:00pm 9am Gentle Yoga*/ Coffee Chat 10am Member's choice 11am NARCAN Training (by request)	8:30am-4:00pm 9am Functional Fitness*/ Coffee Chat 10am Coping Skills with Ashley! 12:30pm Meditation with Chrissy	8:30am-4:00pm 9am Tai Chi*/ Coffee Chat 10am Adventures with Gene!	8:30am - 8pm 9am Moving Meditations / Coffee Chat 9-11am Disability Resource Coordinator David Kelley	9am-5pm 9-11am Coffee Chat 12pm Movie Day Saturday's
AFTERNOON/EVENING	****NARCAN**** Training Available by Request Any Day	2pm "Tapping" with Krystal!	2pm Cards in Recovery	1pm Art Group 2pm Journaling with Chrissy	1pm Member's Choice	5pm Game Night	2pm Social Flow (games, art, etc.)

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