



Connections Program Calendar: Seneca - August 2024

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	Closed	9am-4:30pm	9am - 4:30pm	9am - 4:30pm	9am - 4:30pm	9am - 8pm	9am-5pm
		9am Mantra Meditation* / Coffee Chat	9am Gentle Yoga* / Coffee Chat	9am Functional Fitness*/Coffee Chat	9am Tai Chi*	9am Moving Meditations*/ Coffee Chat	9-11am Coffee Chat
AFTERNOON/EVENING	**Triple P Parenting & Anger Management Available by request**	10am Momentum Monday's	10am Member's choice	12:30pm Meditation with Chrissy	10am Adventures with Gene!	9-11am Disability Resource Coordinator David Kelley	12pm Movie Day Saturday's
	****NARCAN**** Training Available by Request Any Day	1pm Breathwork with Jeanette	3pm Walkaholics	1pm Art Group	3pm Member's Choice	2pm Open Discussion 5pm Game Night	3pm 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