

# Connections Program Calendar: Seneca - October 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	<b>Closed</b>	<b>9am-4:30pm</b>	<b>9am - 4:30pm</b>	<b>9am - 4:30pm</b>	<b>9am - 4:30pm</b>	<b>9am - 8pm</b>	<b>9am-5pm</b>
	<p>9am Coffee Chat</p> <p>10am Momentum Monday's</p> <p>11am NARCAN Training (by request)</p> <p>**Triple P Parenting &amp; Anger Management Available by request**</p>	<p>9am Gentle Yoga*/ Coffee Chat</p> <p>10am Member's choice</p>	<p>9am Functional Fitness*/Coffee Chat</p> <p>12:00pm Meditation with Chrissy</p>	<p>9am Tai Chi*/ Coffee Chat</p> <p>10am Adventures with Gene!</p>	<p>9am Coffee Chat</p> <p>9-11am Disability Resource Coordinator David Kelley</p>	<p>9-11am Coffee Chat</p> <p>12pm Movie Day Saturday's</p>	
AFTERNOON/EVENING	<p>****NARCAN**** Training Available by Request Any Day</p>	<p>1pm Breathwork with Jeanette</p>	<p>1pm Mindfulness Journaling with Mitch</p> <p>3pm Walkaholics</p>	<p>1pm Art Group with Mitch and Chrissy</p>	<p>3pm Member's Choice</p>	<p>2pm Open Discussion</p> <p>5pm Game Night</p>	<p>3pm Social Flow (games, art, etc.)</p>

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

Register for meetings here: [https://flacra-org.zoom.us/meeting/register/tZMtceuorD4jGdzqabeWivRid\\_KeHb2sPqLH](https://flacra-org.zoom.us/meeting/register/tZMtceuorD4jGdzqabeWivRid_KeHb2sPqLH)

Meeting id: 870 6202 5938 | Passcode: 5330507