

Connections Program Calendar: November 2025

Facebook @ Rounded Recovery: 833-4-FLACRA, Option 5: 64 West Ave. Canandaigua

* Indicates also available on Zoom



	S	M	T	W	T	F	S
	12p - 5pm	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm
MORNING	KEY Blue - Health & Wellness Green - Mutual Aid Group Red - Community Partners	9am Mantra Meditation*/Coffee Chat 11am Open Discussion	9am Gentle Yoga*/Coffee Chat 11am Open Discussion 12pm TED Talk Tuesday	9am Functional Fitness*/Coffee Chat 11am SMART Goals* 1pm Advisory Committee Meeting (See you in December!)	9am Tai Chi*/Coffee Chat 12pm Relapse Prevention	9am Moving Meditations*/Coffee Chat 11am Family in Recovery 12pm NARCAN® Training	9am Coffee Chat 11am-12:30pm Recovering with Family/CRAFT
AFTERNOON/EVENING	1pm AA Mtg 2:30pm Narcotics Anonymous Meeting ****NARCAN**** Training Available by Request Any Day	1pm How to Control Your Narrative 3pm Social Hour (art, games, etc.) 7:00pm Women's Step Work	1:30-3:30pm Teen Triple P (CAAFL) (By Appointment) 3pm Arts & Crafts 3-5pm Game Night 7pm Music Appreciation	1-3pm Community Activity/Game Day! 2pm Emotional Sobriety 3-5pm Connections Chess Club 4pm What is Self-Love 6-8pm Karaoke Night or Open Mic Night	1-2:30pm Diamonds (Nov 6 th , 13 th , 20 th) 1-4pm Fidelis WellCare 1-3pm Game Day! 4pm Mindful Art 5pm Singing Bowls and Meditation	1:30pm Meditation Basics 3pm Become a Peer Advocate* 4-8pm Movie/Game Night 7PM AA meeting	1pm Woman to Woman with Susan! 4:30pm AA Big Book Study 6pm AA meeting

Link to register for any group: <https://flacra-org.zoom.us/j/91120634552> Zoom Meeting ID: 911 2063 4552 Zoom Password: 190397