



A FLACRA PROGRAM

# Connections Program Calendar: Ontario - May 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
<b>MORNING</b>	<p><b>12p - 5pm</b></p> <p><b>KEY</b>  <b>Blue</b> - Health &amp; Wellness  <b>Green</b> - Mutual Aid Group  <b>Red</b> - Community Partners</p>	<p><b>9am - 9pm</b></p> <p><b>9am Mantra Meditation*/Coffee Chat</b></p> <p><b>11am Open Discussion</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Gentle Yoga*/Coffee Chat</b></p> <p><b>11am Open Discussion</b></p> <p><b>12pm TED Talk Tuesday</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Functional Fitness*/Coffee Chat</b></p> <p><b>11am SMART Goals*</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Tai Chi*/Coffee Chat</b></p> <p><b>11am Thankful Thursday</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Moving Meditations*/Coffee Chat</b></p> <p><b>11am Open Discussion</b></p> <p><b>12pm NARCAN® Training</b></p>	<p><b>9am - 9pm</b></p> <p><b>9am Coffee Chat</b></p> <p><b>11am-12:30pm Recovering with Family/CRAFT</b></p>
<b>AFTERNOON/EVENING</b>	<p><b>1pm AA Mtg</b></p> <p><b>2:30pm Narcotics Anonymous Meeting</b></p> <p>****NARCAN**** Training Available by Request Any Day</p>	<p><b>3pm Social Hour</b> (art, games, etc.)</p> <p><b>6pm Nar-Anon</b></p> <p><b>7:30pm AA Men's Mtg</b></p>	<p><b>1:30-3:30pm Teen Triple P (CAAFL)</b> (By Appointment)</p> <p><b>3pm Arts &amp; Crafts</b></p> <p><b>3-5pm Game Night</b></p> <p><b>5pm Journey through Life*</b> (Grief &amp; Loss)</p> <p><b>6pm Music Appreciation</b></p>	<p><b>1-3pm Game Night</b></p> <p><b>2pm Emotional Sobriety</b></p> <p><b>3-5pm Connections Chess Club</b></p> <p><b>4pm What is Self-Love</b></p> <p><b>6-8pm Karaoke Night or Open Mic Night</b></p>	<p><b>1-2:30pm Diamonds Women's Group</b></p> <p><b>1-4pm Fidelis WellCare</b></p> <p><b>1-3pm Game Night</b></p> <p><b>4pm Mindful Art</b></p> <p><b>5pm Singing Bowls and Meditation</b></p>	<p><b>1-3pm Mindfulness Journaling Workshop</b></p> <p><b>3pm Become a Peer Advocate*</b></p> <p><b>4-8pm Movie/Game Night</b></p> <p><b>7PM AA meeting</b></p>	<p><b>1pm Nutrition and Light Exercise</b></p> <p><b>4:30pm AA Big Book Study</b></p> <p><b>6pm AA meeting</b></p>

Link to register for any group: <https://flacra-org.zoom.us/j/91120634552>

Zoom Meeting ID: 911 2063 4552 Zoom Password: 190397