

Connections LIVE: November 2025 Yates Connections

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 20 Maiden Ln. Penn Yan



A FLACRA PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Closed See you tomorrow! **NARCAN Trainings Available Daily Upon Request**	Open 9am-5pm 9am Mantra Meditation* / 9am- Morning Connections 10am Spiritual/Grateful AF	Open 9am-5pm 9am Gentle Yoga* 9am Morning Connections 10am Spiritual/Grateful AF 11am Par for the Course	Open 9-5p 9am Functional Fitness*/9am Morning Connections 10am- Spiritual/Grateful AF 11am- Self-Care Wednesdays	Open 9am-5pm 9am Tai Chi*/9am Morning Connections 11am Spiritual/Grateful AF	Open 9am-5pm 9am Moving Meditations*/9am Morning Connections 11am Fun Friday's!	Open 9am-5pm 9am Morning Connections
AFTERNOON	See you tomorrow! **Weather Permitting	1pm Tootles Around Town with Tom** 3pm Junk Journaling	12pm Holistic Health & Wellness 2pm Recovery Art	1pm- Art in Recovery/ Waterfall Wednesday's** 2pm Junk Journaling	1pm Par For The Course 2pm Recovery Art	1pm Tootles Around Town with Tom** 2pm Junk Journaling 3pm Spiritual/Grateful AF	2pm Recovery Jeopardy