

Connections Program Calendar: Seneca - February 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	<u>9am-4:30pm</u> 9am Mantra Meditation* / Coffee Chat 10am Momentum Monday's	<u>9am - 4:30pm</u> 9am Gentle Yoga* / Coffee Chat 10am Parenting Classes with CAAFL 10am NARCAN Training (by request)	<u>9am - 4:30pm</u> 9am Functional Fitness*/Coffee Chat	<u>9am - 4:30pm</u> 9am Tai Chi* / Adventures with Gene!	<u>9am - 9pm</u> 9am Moving Meditations* / Coffee Chat	<u>9am-5pm</u> 9-11am Coffee Chat
AFTERNOON/EVENING	****NARCAN**** Training Available by Request Any Day	1pm Breathwork with Jeanette	3pm Member's Choice	1pm Art Group 2pm Meditation with Chrissy	2:30pm Member's Choice	2pm Express Yourself Art! 5pm Game Night	12pm Movie Day Saturday's 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/tZMtceurD4jGdzqabeWivRid_KeHb2sPqLH

Meeting id: 870 6202 5938 | Passcode: 5330507