

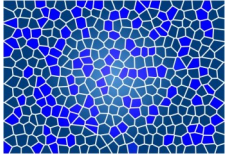



Connections Recovery Center

January 2017

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Connections is closed today. NEW YEAR'S DAY	3 LGBT Support Group: 3:30-4:30pm. T. Board game night: 5:00-7:00pm. With Regina. T.	4 	5 Knitting & Sewing: 3:00-4:30pm. T. *Recovery Support Group: 6:00-7:30pm. T.	6 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-5:00pm. Friday at the YMCA. T.	7 *Trip to the Public Market: 10:30-12:00pm. Call Connections at 270-5482 to RSVP. T.
8	9 *Fresh Air Club/Tobacco Recovery Support: 1:30-2:30pm. Women's Worth: 3:30-5:00pm. T. 	10 *Organizing Your Healthcare Information 2:00-3:30pm. T.	11 Creative Writing: 4:00-5:00pm. With Dave & Kristen. T.	12 Knitting & Sewing: 3:00-4:30pm. T. *Recovery Support Group: 6:00-7:30pm. T.	13 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-4:30pm. ROCovery at Paul Wolk Commons. T.	14 
15	16 *Fresh Air Club/Tobacco Recovery Support: 1:30-2:30pm. Art Class: 4:00-6:00pm. T.	17 LGBT Support Group: 3:30-4:30pm. T. Movie night at Connections: 5:00-7:00pm. With Regina. T.	18 	19 Knitting & Sewing: 3:00-4:30pm. T. *Recovery Support Group: 6:00-7:30pm. T.	20 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-5:00pm. Friday at the YMCA. T.	21 Mosaic Class: 1:00-4:00pm. Create your own original mosaic piece of art! T.
22	23 *Fresh Air Club/Tobacco Recovery Support: 1:30-2:30pm. Community Meeting & Meal: 4:00-5:30pm. RSVP. T.	24 *Healthy Cooking: 2:00-3:30pm. With Julie. T.	25 Men's Group: 4:00-5:30pm. T.	26 Knitting & Sewing: 3:00-4:30pm. T. *Recovery Support Group: 6:00-7:30pm. T.	27 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-4:30pm. ROCovery at Paul Wolk Commons. T.	28
29	30	31 Trip to Movies 10: 4:00-6:00pm. With Susan. T.				(* denotes group or activity is part of the Enhanced Wellness Initiative.

Connections Recovery Center
155 Dartmouth Street - rear carriage house
Rochester, NY 14607
phone: 585-270-5482
www.easthouse.org

SIGN UP FOR ACTIVITIES AT 585-270-5482.
T: Transportation. For transportation, leave your name, activity, and phone number with Gerald at 208-9158 or Susan at 435-0149. You must call at least 24 hours before an event to sign-up or make a change.

East House 
moving lives forward