





Connections Recovery Center

May 2017

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 *Fresh Air Club/Tobacco Recovery Support: 1:30-2:30pm.	2	3 	4 Knitting & Sewing: 3:00-4:30pm. T. *Recovery Support Group: 6:00-7:30pm. T.	5 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-4:30pm. ROcovery Fitness at Alexander Commons. T.	6 *NAMI Walks: 9:00-12:00pm. At Village Gate. T.
7	8 *Fresh Air Club/Tobacco Recovery Support: 1:30-2:30pm. T.	9 *LGBT Support Group: 3:30-4:30pm. T. Reel Mind Film Series: 7:00-9:00pm. <i>Unbroken Glass</i> . At Cinema Theater. T.	10	11 *Recovery Support Group: 3:00-4:30pm. T.	12 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-4:30pm. Walk in the Park at Corbett's Glen. T.	13 
14	15 *Fresh Air Club/Tobacco Recovery Support: 1:30-2:30pm. *Women's Worth: 3:30-5:00pm. T.	16 	17 *Men's Group: 4:00-5:30pm. T.	18 Knitting & Sewing: 3:00-4:30pm. T. *Recovery Support Group: 6:00-7:30pm. T.	19 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-4:30pm. ROcovery Fitness at Alexander Commons. T.	20 *Trip to the Public Market: 10:30-12:00pm. Call Connections to RSVP. T.
21	22 *Fresh Air Club/Tobacco Recovery Support: 1:30-2:30pm. T.	23 *Cooking Matters: 4:00-6:00pm. T. Reel Mind Film Series: 7:00-9:00pm. <i>Swim Team</i> . At Cinema Theater. T.	24	25 *Recovery Support Group: 3:00-4:30pm. T.	26 *WHAM Group: 12:30-2:00pm. T. *Healthy Living: 3:30-5:00pm. Nurturing Your Spirit. T.	27
28	29 Connections is closed today.  Memorial Day	30 *Art Therapy: 1:00-2:00pm. T. *Cooking Matters: 4:00-6:00pm. T.	31	(*) Denotes group or activity is part of the Enhanced Wellness Initiative (EWI).		

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: Limited transportation is available to members living within 10 miles of Connections. You must call at least 24 hours before an event to sign-up or make a change. Please leave your name, activity, and phone number. On the day of pick-up, you may call Gerald at 585-208-9158 or Susan at 585-435-0149.

