

## CONNECTIONS RECOVERY CENTER JUNE 2017

### Time to go out and explore!

Summer is here and Rochester is a great place to be. It is the perfect time to go out and explore your neighborhood and city. There is so much to do! Take a moment to visit a park, walk down the streets and look at all of the lovely flowers. Here are just a few things happening in Rochester this month:

- **Maplewood Rose Festival** is on Saturday, June 10 in Maplewood Park on the corner of Lake Avenue and Driving Park Avenue.
- **Xerox Rochester International Jazz Festival** begins on Friday, June 23 and runs through Saturday, July 1 in Rochester's East End. This year's jazz fest features 95 free shows.
- **Windstream Party In The Park Concert Series** will run on Thursdays beginning on June 15 and ending on Thursday, August 10. The series runs from 5:00pm until 10:00pm and there is a fee of \$5.00 per person.



At Connections, we are always trying to take advantage of the best activities for you. This month, we have made a lot of changes to the Connections calendar and ask that you review it closely. Many of our group times and days have changed. If you have any questions about the changes, please feel free to give us a call at 585-270-5482.

There is always a lot happening at Connections and throughout the East House community! We hope you will take a little time and join us for some of the fun events we have planned for June. If you have any questions, please do not hesitate to give us a call.

**Your Connections team— Donna, John, Julie & Susan**

#### ABOUT CONNECTIONS RECOVERY CENTER

Connections Recovery Center is a recovery community that is a part of East House. It is built on the belief that recovery is attainable for everyone and focuses on health, home, community and purpose. Connections serves current and past East House clients. Many Connections classes, activities and support groups are peer run. Community volunteers and East House staff also lend their expertise and talents to teach classes, run groups and keep the center running. Connections Recovery Center is part of East House's mission to help individuals in recovery live healthy and fulfilling lives.

**Connections Recovery Center**  
155 Dartmouth Street— rear building  
Rochester, NY 14607  
phone: 585-270-5482    [www.easthouse.org](http://www.easthouse.org)

When you just need someone to talk to and you don't know where to turn. Please call the

**Affinity Place  
Warm Line Service**  
at

**563-7470.**

Open 24 hours per day,  
seven days per week.



The City of Rochester  
presents

### **Free Historical Nature Walks**

These special walks will take place on Thursday nights at 6pm for 90 minutes for eight weeks. June includes:

**June 8:** Mt. Hope Cemetery. Walk begins at 7:00pm.

**June 15:** Corn Hill

**June 22:** Highland Park

**June 29:** Washington Grove (Cobbs Hill)

For more information, call (585) 428-6755.

## June Happenings

The **2017 Reel Mind Film Series** concludes in June. On Tuesday, June 6, the film *Almost Sunrise* about two veterans who walk cross country to raise awareness and find personal healing will screen at the Cinema Theater. East House's President Greg Soehner will moderate the panel on this night as well. On Tuesday, June 20, an art exhibit will open at 6:00pm and the film *Brushes With Life* will screen at 7:00pm at the Jewish Community Center. Please call 444-3664 for ticket information.

**Connections Enhanced Wellness Initiative continues!** Enhanced Wellness Initiative (EWI) is a wonderful opportunity to get support with your wellness goals! All EWI groups and classes are noted by an asterisk (\*). If you'd like more information on EWI, please give us a call at 270-5482.

\***Community Health Fair** is a **free** event on June 23 that goes from 11:00am until 3:00pm at St. Peter's Church at 681 Brown Street. Connections will be attending from 11:00am until 1:00pm. There will be lots of information on healthy eating, women's health, health insurance, and health screenings as well as free healthy snacks and beverages.

\***ROcovery Fitness** is back this month and this time we're going to their new fitness center! If you haven't had the chance to try one of these fun classes, this is the perfect chance! It does not matter your fitness level, ROcovery will customize to your needs. Please join us!

\***The East House Friends and Family Night** is for East House clients, family members, or individuals who are supportive in the recovery process. This group addresses concerns, questions, and resources that are available while in recovery. Light refreshments will be provided. Join us on Wednesday, June 14 from 5:30pm until 6:30pm at Monroe Square. Please RSVP to 238-4800 or [admissions@easthouse.org](mailto:admissions@easthouse.org) no later than Friday, June 9.

**Please read your Connections Calendar closely. Some groups have changed to accommodate special June activities.**

As a gentle reminder, please call and sign-up for groups and events so we may contact you if there are any changes or cancellations. Thanks!

This bulletin is a publication of:



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*"The world is but a canvas  
to our imagination."*

- Henry David Thoreau

For more information, visit [www.easthouse.org](http://www.easthouse.org) or call Connections at 585-270-5482.