

**\*Cooking Matters:** This is a six-week hands-on cooking course presented by Foodlink. Each class is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Participants will take home a bag of groceries at the end of each class. **Classes will be held every Tuesday from 4:00pm until 6:00pm beginning on May 23. Plan to attend all 6 weeks. T.**

**\*Connections Enhanced Wellness Initiative:** This program will help you to achieve your wellness goals by assisting you with taking control of your health, gaining access to community classes, etc. Groups and activities that are part of the Initiative will be denoted with an asterisk (\*) on the calendar and group descriptions.

**Creativity Club:** Some of the most beautiful things are created with your own hands and imagination! We have a variety of materials to get you started (or feel free to bring your own project from home). You can sew, knit, paint, color, and the list goes on & on. Come explore your creativity and spend time in a friendly and welcoming place. **We will meet on Thursdays from 2:30pm until 3:30pm. T.**

**\*Fresh Air Club/Tobacco Recovery Support Group:** Peer Support for gentle tobacco recovery. Learn about strategies and resources to support your success. Becoming tobacco free is a process. Hear inspirational stories from our members and learn how you can be successful. **We will meet on Mondays from 1:00pm until 2:00pm.**

**\*Healthy Living:** This group offers a variety of healthy living experiences including walks in the park, ROCoverly circuit training classes, health fair, and Nurturing Your Spirit. On the days we are doing a physical activity, please dress appropriately. If you need help figuring out what to wear, please give us a call and we will be happy to help you. **Healthy Living meets on Fridays. Please check your calendar for times. T.**

**\*LGBT Support Group:** This special group will meet to discuss relationships, sexuality, health, religion, mental health, and stress among many other topics. **This month, the group day is moved to Wednesday, June 14 from 3:00pm until 4:00pm.** Transportation is available for the June 14 meeting. On June 30, there will be a special group meeting from 2:00pm until 3:00pm. Please note: transportation is not available for the June 30 meeting. For more information, contact Connections.

**\*Recovery Support Group:** Please join us to share, discuss problems and release tension. A healing place for you and your peers to help each other provide mutual support and grow - with no judgment! We continue to explore WRAP planning at designated meeting. **Please note group time has been changed and now meets on Thursdays from 5:00pm until 6:00pm. T.**

**RIT Enrichment Graduation:** Join us on Thursday, June 15 from 3:30pm until 6:30pm as we attend the RIT Enrichment Program graduation. We will support all of the East House graduates and celebrate with them at a reception immediately following the graduation ceremony.

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### 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 activity, if you have transportation questions, please call Susan at 585-435-0149.