

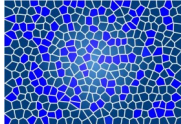


Connections Recovery Center

August 2017

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
		Healthy Tuesday	Wellness Wednesday	Thriving Thursday	Fun Friday	
		1 *Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm. 	2 *Flower City Feeling Good: 6:00-7:00pm. Yoga at Cobbs Hill Park. T.	3 *History & Nature Hikes: 6:00-7:30pm. Port of Rochester and the secret Sidewalk. T.	4 *Zumba Class: 11:00-12:00pm. At Alexander Commons. T. Creativity Club: 1:00-3:00pm. T.	5
6	7	8 *Yoga Class: 11:30-12:30pm. At YogaVibe. T. *Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm.	9 *Healthy Cooking: 11:30-1:00pm. T. *LGBT Group: 2:00-3:30pm. Trip to Gay Alliance. T.	10 *Recovery Support Group: 2:00-3:30pm. T.	11 *Zumba Class: 11:00-12:00pm. At Alexander Commons. T. Creativity Club: 1:00-3:00pm. T.	12
13	14	15 *Walking Group: 11:30-12:30pm. Park Avenue Neighborhood. T. *Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm.	16 *Meal Planning: 11:30-1:00pm. T. 	17 *Recovery Support Group: 2:00-3:30pm. No transportation today.	18 Creativity Club: 1:00-3:00pm. T. 	19
20	21	22 *Yoga Class: 11:30-12:30pm. At YogaVibe. T. *Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm.	23 *Healthy Cooking: 11:30-1:00pm. T. *LGBT Group: 2:00-3:30pm. T.	24 *Recovery Support Group: 10:00-11:00am. T. Please note: Earlier meeting time today.	25 *Nurturing your spirit: 11:00-12:00pm. T. Creativity Club: 1:00-3:00pm. T.	26
27	28	29 *Walking Group: 11:30-12:30pm. South Wedge Neighborhood. T. *Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm.	30 *Meal Planning & Shopping: 11:30-1:00pm. Curbside market at ROC HUB. T. Women's Worth: 2:00-3:30pm. T.	31 *Picnic: 11:00-2:00pm. At Genesee Valley Park. 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: 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.

