




# Connections Recovery Center

September 2017

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
		<b>Healthy Tuesday</b> 	<b>Wellness Wednesday</b>	<b>Thriving Thursday</b>	<b>Fun Friday</b> <b>1</b> <b>Creativity Club:</b> 1:00-3:00pm. T.	<b>2</b>
3	4	<b>5</b> <b>Yoga:</b> 11:30-12:30pm. At YogaVibe Studio. T. <b>Fresh Air Club/Tobacco Recovery Support:</b> 2:00-3:00pm.	<b>6</b> <b>Cooking Matters:</b> 10:00-12:00pm. This is a closed group. T. <b>LGBT Group:</b> 2:00-3:30pm. RTS Bus trip to the Rochester Gay Alliance. T.	<b>7</b>  <b>Recovery Support Group:</b> 2:00-3:30pm. T.	<b>8</b> <b>Creativity Club:</b> 1:00-3:00pm. T.	9
10	11	<b>12</b> <b>Walking Group:</b> 11:30-12:30pm. Monroe Avenue neighborhood. T. <b>Fresh Air Club/Tobacco Recovery Support:</b> 2:00-3:00pm.	<b>13</b> <b>Cooking Matters:</b> 10:00-12:00pm. This is a closed group. T.	<b>14</b> <b>Connections is closed today.</b> There are no groups.	<b>15</b> <b>Creativity Club:</b> 1:00-3:00pm. T.	16
17	18	<b>19</b> <b>Yoga:</b> 11:30-12:30pm. At YogaVibe Studio. T. <b>Fresh Air Club/Tobacco Recovery Support:</b> 2:00-3:00pm.	<b>20</b> <b>Cooking Matters:</b> 10:00-12:00pm. This is a closed group. T. <b>LGBT Group:</b> 2:00-3:30pm. T.	<b>21</b> <b>Recovery Support Group:</b> 2:00-3:30pm. T.	<b>22</b> <b>Creativity Club:</b> 1:00-3:00pm. T. 	23
24	25	<b>26</b> <b>Walking Group:</b> 11:30-12:30pm. Schoen Place Neighborhood. T. <b>Fresh Air Club/Tobacco Recovery Support:</b> 2:00-3:00pm.	<b>27</b> <b>Cooking Matters:</b> 10:00-12:00pm. This is a closed group. T. <b>Women's Worth:</b> 2:00-3:30pm. T.	<b>28</b> <b>Recovery Support Group:</b> 2:00-3:30pm. T.	<b>29</b> <b>Nurturing your spirit:</b> 11:00-12:00pm. T. <b>Creativity Club:</b> 1:00-3:00pm. T.	30

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

