




Connections Recovery Center

October 2017

Sun	Mon	Tue.	Wed.	Thu.	Fri.	Sat
		Healthy Tuesday	Wellness Wednesday	Thriving Thursday	Fun Friday	
1	2	3 Walking Group: 11:30-12:30pm. Village Gate. T. Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm.	4 Cooking Matters: 10:00-12:00pm. T. NOTE: This is a closed group.	5 Recovery Support Group: 2:00-3:30pm. T. 	6 Creativity Club: 1:00-3:00pm. Quilling demonstration. T.	7
8	9	10 Yoga Class: 11:30-12:30pm. At YogaVibe Studio. T. Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm.	11 Cooking Matters: 10:00-12:00pm. T. NOTE: This is a closed group.	12 Recovery Support Group: 2:00-3:30pm. T.	13 Transportation Group: 11:00-12:00pm. T. Creativity Club: 1:00-3:00pm. T.	14
15	16	17 Jessica Henderson Memorial Event: 6:00-9:00pm. \$5.00 copay upon signup. Limited number of tickets. Call Connections for more information. T.	18 LGBT Group: 2:00-3:30pm. Planning for the future. T.	19 Recovery Support Group: 2:00-3:30pm. T. Global Peer Day	20 Nurturing your spirit: 11:00am-12:00pm. T. Creativity Club: 1:00-3:00pm. Make Halloween decorations and masks. T.	21
22	23 	24 Yoga Class: 11:30-12:30pm. At YogaVibe Studio. T. Fresh Air Club/Tobacco Recovery Support: 2:00-3:00pm.	25 Women's Worth: 2:00-3:30pm. T.	26 Recovery Support Group: 12:00-1:00pm. T. Halloween Party Set-Up: 1:00-2:00pm. T.	27 Halloween Party: 1:00-3:00pm. T. 	28
29	30	31 Connections is closed today.				

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.

