






# Connections Recovery Center

November 2017

Sun	Mon	Healthy Tuesday	Wellness Wednesday	Thriving Thursday	Fun Friday	Sat
					All Friday groups will be at Monroe Square, a handicap accessible location. 	
		*NOTE: These groups have either a day or time change.	1 	2 Recovery Support Group: 2:00-3:30pm. T.	3 Transportation Group: 11:00-12:00pm. T. Creativity Club: 1:00-3:00pm. Zen Doodles Demo. T.	4
5	6	7 Fresh Air Club/Tobacco Recovery Support: 12:00-1:00pm. Walking Group: 2:00-3:00pm. T. 	8 *Recovery Support Group: 2:00-3:30pm. T.	9 Connections is closed today. Staff Training Day	10 Creativity Club: 1:00-3:00pm. T.	11
12	13	14 Fresh Air Club/Tobacco Recovery Support: 12:00-1:00pm. Walking Group: 2:00-3:00pm. T.	15 LGBT Group: 12:00-2:00pm. Bowling Party. T.	16 Recovery Support Group: 2:00-3:30pm. T.	17 Creativity Club: 1:00-3:00pm. T. 	18
19	20	21 Yoga at YogaVibe: 11:30-12:30pm. T. *Nurturing Your Spirit: 1:00-2:00pm. T.	22 Women's Worth: 2:00-3:30pm. T.	23 Connections is closed today.  Thanksgiving Day	24 Connections is closed today.	25
26	27	28 Fresh Air Club/Tobacco Recovery Support: 12:00-1:00pm. Walking Group: 2:00-3:00pm. T.	29 *Recovery Support Group: 2:00-3:30pm. T.	30 Connections is closed today. Staff Training Day		

**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.

