


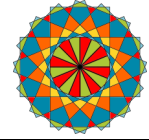



# Connections Recovery Center

January 2018

Sun	Mon	Tue.	Wed.	Thu.	Fri.	Sat
		<b>Healthy Tuesday</b>	<b>Wellness Wednesday</b>	<b>Thriving Thursday</b>	<b>Fun Friday</b>	
	1	2 	3 <b>Healthy Eating:</b> 11:30-12:30pm. Foodlink Pop-Up Tour at Monroe Square. T.	4 <b>Recovery Support Group:</b> 2:00-3:30pm. At Connections. T.	5 <b>Connections Club:</b> 12:00-2:00pm. Demo on how to create your own hanging organizer. At Monroe Square. T.	6
7	8	9 <b>Tobacco Recovery Support:</b> 12:00-1:00pm. At Monroe Square. <b>Healthy Living:</b> 2:00-3:00pm. At Monroe Square. T.	10 <b>Healthy Eating:</b> 11:00-12:30pm. Foodlink Curbside Market at Monroe Square. T. 	11 <b>Recovery Support Group:</b> 2:00-3:30pm. At Connections. T.	12 <b>Connections Club:</b> 12:00-2:00pm. Games and more! At Monroe Square. T.	13
14	15 	16 <b>Yoga:</b> 11:30-12:30pm. T. <b>Tobacco Recovery Support:</b> 12:00-1:00pm. At Monroe Square. <b>Nurturing Your Spirit:</b> 2:00-3:00pm. At Monroe Square. T.	17 <b>Healthy Eating:</b> 11:00-12:30pm. At Monroe Square. T. <b>LGBTQ+ &amp; Friends Group:</b> 2:00-3:30pm. Guest Speaker Rev. Liz Bell to speak about LGBTQ+ and Spirituality.	18 <b>Recovery Support Group:</b> 2:00-3:30pm. At Connections. T.	19 <b>Connections Club:</b> 12:00-2:00pm. At Monroe Square. T. 	20
21	22	23 <b>Tobacco Recovery Support:</b> 12:00-1:00pm. At Monroe Square. <b>Healthy Living:</b> 2:00-3:00pm. At Monroe Square. T.	24 <b>Healthy Eating:</b> 11:00-12:30pm. At Monroe Square. T.	25 <b>Recovery Support Group:</b> 2:00-3:30pm. At Connections. T.	26 <b>Connections Club:</b> 12:00-2:00pm. Outing to Lamberton Conservatory. Admission is \$3.00. T.	27
28	29	30 <b>Tobacco Recovery Support:</b> 12:00-1:00pm. At Monroe Square. <b>ROcovery Fitness:</b> 2:00-3:00pm. T.	31 <b>Healthy Eating:</b> 11:00-12:30pm. At Monroe Square. T.	 <b>NOTE: All groups that are held at Monroe Square are handicap accessible. Transportation is not handicap accessible.</b>		

**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.

