






Connections Recovery Center

August 2018

Sun	Mon	Tue.	Wed.	Thu.	Fri.	Sat
		Healthy Tuesday	Wellness Wednesday	Thriving Thursday	Fun Friday	
		<p>NOTE: All groups this month are held at Monroe Square & are handicap accessible. Transportation is not handicap accessible.</p> 	<p>1 Zumba in the park: 6:00-7:00pm. At Maplewood Park T.</p>	<p>2 Recovery Support Group: 3:30-4:30pm. At Monroe Square. T.</p>	<p>3 Connections Club: 1:00-3:00pm. Create your very own reusable whiteboard! T.</p>	<p>4</p>
5	6	<p>7.</p> 	<p>8 Zumba in the park: 6:00-7:00pm. At Cobbs Hill Park T.</p>	<p>9 Recovery Support Group: 3:30-4:30pm. At Monroe Square. T.</p> 	<p>10 Connections Club: 1:00-3:00pm. T. Nurturing Your Spirit: 2:00-3:00pm. T.</p>	<p>11</p>
12	13	<p>14 Tobacco Recovery Support Group: 12:00-1:00pm.</p>	<p>15 LGBTQ+ & Friends: 1:00-3:00pm. Putt-Putt golf outing. T.</p>	<p>16 Recovery Support Group: 3:30-4:30pm. At Monroe Square. T.</p>	<p>17 Getting Around Town: 1:00-2:30pm. Transportation group with Beth. at Monroe Square. T.</p>	<p>18</p>
19	20		<p>22 Zumba in the park: 6:00-7:00pm. At Cobbs Hill Park T.</p>	<p>23 Recovery Support Group: 3:30-4:30pm. At Monroe Square. T.</p>	<p>24 Connections Club: 1:00-3:00pm.T. Power of Volunteering: 2:00-3:00pm.</p> 	<p>25</p>
26	27	<p>28 Tobacco Recovery Support Group: 12:00-1:00pm.</p>	<p>29 Get Active: 2:00-3:00pm. Gym time at ROcovery Fitness.</p>	<p>30 Recovery Support Group: 3:30-4:30pm. At Monroe Square. T.</p>	<p>31 Connections Club: 1:00-2:00pm. Trip to see "Mars Comes Near" at the RMSC Planetarium. T.</p>	

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.

