

Connections LIVE: November 2024 *Yates Connections*

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 20 Maiden Ln. Penn Yan



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	<p>Closed</p> <p>See you tomorrow!</p> <p>**NARCAN Trainings Available Daily Upon Request**</p>	<p>Open 9am-5pm</p> <p>9am Mantra Meditation*/Morning Connections</p> <p>10am Healthy Relationships in Recovery/ Boundaries</p>	<p>Open 8am-8pm</p> <p>9am Gentle Yoga*/Morning Connections</p> <p>10am Par for the Course</p> <p>11am Oak Hill Day</p>	<p>Open 9am-5pm</p> <p>9am Functional Fitness*/Morning Connections</p> <p>10am Once Again Wednesdays with Johnny</p>	<p>Open 9am-5pm</p> <p>9am Tai Chi*/Morning Connections</p> <p>10am Supportive Living Group</p>	<p>Open 9am-5pm</p> <p>9am Moving Meditations*/Morning Connections</p> <p>10am The Subtle Art of Letting Go Group - Journaling</p>	<p>Open 9am-5pm</p> <p>9am- Morning Connections</p> <p>10:30am 12 Step to a Better Life</p>
AFTERNOON	<p>See you tomorrow!</p>	<p>12pm Self Help Book and Workbook</p> <p>1pm Spiritual AF group</p> <p>2pm Tootle Around Town with Tom</p>	<p>12pm Holistic Health & Wellness*</p> <p>2pm Spiritual/Grateful AF Group</p> <p>3pm Come Together Tuesdays</p>	<p>12:30pm Love/Relationships /and Boundaries in Recovery</p> <p>2pm Tootle Around Town with Tom- Fitness</p> <p>3p Grateful/ Spiritual AF Group</p>	<p>12pm Grateful/Spiritual AF Group</p> <p>1pm Par for The Course</p> <p>2pm Life Skills</p>	<p>1pm Par for the Course</p> <p>2pm Mindfulness *</p> <p>2pm Tootle Around Town with Tom</p> <p>3pm Spiritual/Grateful AF Group</p>	<p>12pm Grateful AF Group/ Spiritual AF</p> <p>12:30pm NA Meeting</p> <p>2pm Becoming the Parent your Children Deserve/Workbook AF Group</p>
EVENING	<p>See you tomorrow!</p>	<p>3:30pm Cornhole Coping Skills</p>	<p>3:30pm Cornhole Coping Skills</p> <p>5:30pm NA Meeting</p>	<p>3:30pm Cornhole Coping Skills</p> <p>4pm Wellness Connection</p>	<p>3pm Cornhole Coping Skills</p>	<p>3:30pm Cornhole Coping Skills</p>	<p>3pm Cornhole Coping Skills</p>