

Connections LIVE: December 2024 Yates Connections

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



A FLACRA PROGRAM

	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*/ 9am - Morning Connections</p> <p>10am - Healthy Relationships in Recovery/ Boundaries</p>	<p>Open 8am-8pm</p> <p>9am - Gentle Yoga*</p> <p>9am - 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* 9am - Morning Connections</p> <p>10:00am -Adulting 101 with Sarah and Tom</p>	<p>Open 9am-5pm</p> <p>9am - Moving Meditations* 9am - 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>1 - 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>2:30pm - Adulting 101 with Sarah and Tom</p>	<p>2pm - Tootle Around Town with Tom - Fitness</p> <p>3:00p- 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>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>12:30p - NA Meeting</p> <p>2pm - Becoming the Parent your children deserve/Workbook</p>
EVENING	<p>See you tomorrow!</p>	<p>3:30p - Recovery Trivia/Par for the Course</p>	<p>3:30p - Recovery Trivia/Par for the Course</p> <p>5:30pm - NA Meeting</p>	<p>3:30p - Recovery Trivia/Par for the Course</p>	<p>3pm - Recovery Trivia/Par for the Course</p>	<p>3:30p - Recovery Trivia/Par for the Course</p>	<p>3pm - Recovery Trivia/Par for the Course</p>