

# October 2020



## Activities Calendar

Drop-In Hours: 12 noon to 5 pm, Monday–Friday; or by appointment

3410 Bath Pike, Bethlehem, PA 18017; Tel. 484-747-6825

[www.oasisbethlehem.org](http://www.oasisbethlehem.org)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Noon – Recovery Connection <sup>Z</sup> 3:00 pm – Boundaries Study <sup>ZR</sup>	2 12:00-1:00 pm Feel Good Friday <i>5 Steps to Your Joyful Self w/ Cristy Mette</i>	3 11:00am – 5:00pm Corey & Kimberly's Ride Continues
4	5 10-11 am – Chair Yoga <sup>Z</sup> 7:15-8:30 pm – ACA <sup>Z</sup> 7:30-9:00pm–Nar-Anon <sup>H</sup>	6 12:00-1:00 pm – CoDA <sup>Z</sup> 7:00-8:00 pm – Al-Anon <sup>H</sup>	7 5:30-6:45 pm – Early Grief Support Group <sup>HR</sup> 7-8:30 pm – Addiction In the Home Book Study <sup>H</sup>	8 Noon – Recovery Connection <sup>Z</sup> 3:00 pm – Boundaries Study <sup>ZR</sup> 6:30pm – Family Counseling <sup>HR</sup>	9 12:00-1:00 pm Feel Good Friday <i>Step Up Recovery with Mindfulness <sup>Z</sup></i>	10
11	12 10-11 am – Chair Yoga <sup>Z</sup> 7:15-8:30 pm – ACA <sup>Z</sup> 7:30-9:00pm–Nar-Anon <sup>H</sup>	13 12:00-1:00 pm – CoDA <sup>Z</sup> 2:30-4:00 pm – GRASP Mtg <sup>Z</sup> 7:00-8:00 pm – Al- Anon <sup>H</sup>	14 5:30-6:45 pm – Early Grief Support Group <sup>HR</sup> 7-8:30 pm – Addiction In the Home Book Study <sup>H</sup>	15 Noon – Recovery Connection <sup>Z</sup> 3:00 pm – Boundaries Study <sup>ZR</sup> 6:30pm – Family Counseling <sup>HR</sup>	16 12:00-1:00 pm Feel Good Friday <i>Creativity as Self-Care: A Rx for Fun</i>	17
18	19 10-11 am – Chair Yoga <sup>Z</sup> 5-7 pm – Grief Recovery 7:15-8:30 pm – ACA <sup>Z</sup> 7:30-9:00pm–Nar-Anon <sup>H</sup>	20 12:00-1:00 pm – CoDA <sup>Z</sup> 7:00-8:00 pm – Al-Anon <sup>H</sup>	21 5:30-6:45 pm – Early Grief Support Group <sup>HR</sup> 7-8:30 pm – Addiction In the Home Book Study <sup>H</sup>	22 Noon – Recovery Connection <sup>Z</sup> 3:00 pm – Boundaries Study <sup>ZR</sup> 6:30pm – Family Counseling <sup>HR</sup>	23 12:00-1:00 pm Feel Good Friday <i>Setting Boundaries: Ultimate Self-Care</i>	24
25	26 10-11 am – Chair Yoga <sup>Z</sup> 5-7 pm – Grief Recovery 7:15-8:30 pm – ACA <sup>Z</sup> 7:30-9:00pm–Nar-Anon <sup>H</sup>	27 12:00-1:00 pm – CoDA <sup>Z</sup> 7:00-8:00 pm – Al-Anon <sup>H</sup>	28 5:30-6:45 pm – Early Grief Support Group <sup>HR</sup> 7-8:30 pm – Addiction In the Home Book Study <sup>H</sup>	29 Noon – Recovery Connection <sup>Z</sup> 3:00 pm – Boundaries Study <sup>ZR</sup> 6:30pm – Family Counseling <sup>HR</sup>	30 12:00-1:00 pm Feel Good Friday <i>Love Another Way PowerTips</i>	31 Halloween

ACA = Adult Children of Alcoholics

CoDA = Co-dependents Anonymous

<sup>H</sup> = Hybrid (In-Person/Virtual) Mtg

<sup>Z</sup> = Virtual Zoom Mtg

<sup>R</sup> = Pre-registration Required