



National  
Recovery  
Month

# September 2025



**oasis**  
COMMUNITY CENTER

Drop-In Hours: 10 am to 5 pm, Monday–Friday; and by appointment  
3410 Bath Pike, Bethlehem, PA 18017 | Tel. 484-747-6825 | [OasisBethlehem.org](https://OasisBethlehem.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Labor Day</b>	2 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup>	3 9:30-10:30 am - Chair Yoga <sup>R</sup> 10:45-11:45 am -Nature Walk 5:30-6:45 pm Hopeful Hearts <sup>R</sup>	4 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	5 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	6
7	8 11 am - noon Movement on the Green 8:00-9:00 pm LPG <sup>Z</sup>	9 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup>	10 9:30-10:30 am - Chair Yoga <sup>R</sup> 10:45-11:45 am Nature Walk <b>CANCELED</b> Hopeful Hearts <sup>R</sup>	11 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> <b>ACA Recovery Play Date</b> 6:30-8:00 pm - SMART Indiv	12 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	13
14	15 11 am - noon Movement on the Green 8:00-9:00 pm LPG <sup>Z</sup>	16 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup>	17 9:30-10:30 am - Chair Yoga <sup>R</sup> 10:45-11:45 am -Nature Walk 5:30-6:45 pm Hopeful Hearts <sup>R</sup>	18 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	19 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	20 <b>NorCo's Live Well, Be Well</b> Easton 11 am -3 pm
21	22 11 am - noon Movement on the Green 8:00-9:00 pm LPG <sup>Z</sup>	23 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup>	24 9:30-10:30 am - Chair Yoga <sup>R</sup> 10:45-11:45 am -Nature Walk 5:30-6:45 pm Hopeful Hearts <sup>R</sup>	25 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	26 <b>Family Recovery POTLUCK and brief presentation 5:00 – 8:00 pm</b>	27
28	29 <b>Recovery Advocacy Day, Harrisburg</b> 8:00-9:00 pm LPG <sup>Z</sup>	30 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup>			Full meeting details at: <a href="https://OasisBethlehem.org/Calendar">OasisBethlehem.org/Calendar</a>	

<sup>H</sup> = Hybrid (In-Person/Zoom) Mtg <sup>Z</sup> = Zoom Mtg <sup>R</sup> = Registration Required SMART Recovery Groups: F&F = Family & Friends / Indiv = Individuals LPG = Loving Parent Guidebook

# OASIS Community Center – Program Information – September 2025

*~ our programs are offered in support of families and friends impacted by a loved one's substance-use ~*

## **Drop-in Programs** (no need to register)

- Tea-Time Talks – Fridays 11:00 am - 12:00 pm – Open discussion with Rhonda & Tina on *your* topics of concern

## **Special Events**

- **Angels of the Valley memorial banners are displayed throughout September at SteelStacks, Bethlehem**
- **Recovery ACA Play Date** – Bring out your inner child! Let's have some fun after the meeting. Details to follow.
- **Family Recovery POTLUCK** – Let's share a meal and learn more about how families can recover!
- **Recovery Advocacy Day event**, PA State Capitol Rotunda, Harrisburg, Sept. 29, 10 am -2 pm (Rhonda will be speaking)

## **Professionally Facilitated Programs** (led by a licensed professional counselor with D&A credential) – **Registration Required**

- “Hopeful Hearts” Grief Support Group – Wednesdays at 5:30–6:45 pm (1<sup>st</sup> floor)
- “Navigating SUD in the Family” Group – New series begins Oct. 8 and runs through Nov. 12 (6 weeks), Wednesdays, 7:00 – 8:30 pm

## **Wellness – Registration Required** (send email to [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org))

- Movement on the Green: Nurtured in Nature – Mondays, 11 am - noon
- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1<sup>st</sup> floor)
- Meditation & Nature Walks – Wednesdays 10:45-11:45 am (meet on the porch, weather permitting)
- Arts for Wellness – Fridays 3:00-5:00 pm (movie selection TBD by group consensus)
- Grief Movement Class – new series begins Tues., Oct. 7, and runs through Nov. 4 (5 weeks), 5:15 - 6:15 pm

## **Evidence-Based Education/Support Groups**

- Invitation to Change Approach (ITC) – Tuesdays 5:15 to 6:30 pm – Zoom option available
- SMART Friends & Family – Thursdays 12:00–1:00 pm (2<sup>nd</sup> floor) – Zoom option available
- SMART Recovery for Individuals – Thursdays at 6:30–8:00 pm (2<sup>nd</sup> floor) – in-person only

## **12-Step Groups**

- ACA *The Loving Parent Guidebook* Study – Mondays 8:00–9:00 pm – Zoom only
- CoDependents Anonymous (CoDA) – Tuesdays 12:00-1:00 pm (2<sup>nd</sup> floor) – Zoom option available
- Adult Children of Alcoholics (ACA) – Thursdays 5:00–6:00 pm (2<sup>nd</sup> floor) – Zoom option available



***"Recovery is For Everyone:  
Every Person, Every Family,  
Every Community."***