

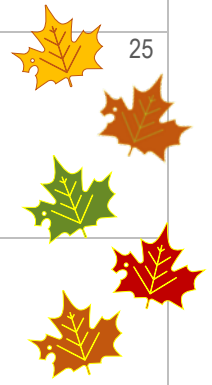


October 2025



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am -Nature Walk 5:30-6:45 pm Hopeful Hearts ^R	2 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	3 11 am – noon Tea Time Talks 2:00 – 4:00 Experiential Workshop ^R	4
5	6 11 am - noon Movement on the Green 8:00-9:00 pm LPG ^Z	7 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H	8 9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am Nature Walk Hopeful Hearts ^R	9 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	10 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	11 NorCo Festival Louise Moore Park Easton 11 am – 5 pm
12	13 11 am - noon Movement on the Green 8:00-9:00 pm LPG ^Z	14 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H	15 9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am -Nature Walk 5:30-6:45 pm Hopeful Hearts ^R	16 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	17 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	18
19	20 11 am - noon Movement on the Green 8:00-9:00 pm LPG ^Z	21 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H	22 9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am -Nature Walk 5:30-6:45 pm Hopeful Hearts ^R	23 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	24 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	25
26	27 11 am - noon Movement on the Green 8:00-9:00 pm LPG ^Z	28 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H	29 9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am -Nature Walk 5:30-6:45 pm Hopeful Hearts ^R	30 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	31 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	



OASIS Community Center – Program Information – October 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

- **Stop by our table at the Northampton County (NorCo) Festival, October 11 at the Louise Moore Park in Easton, 11 am – 5 pm**
(Volunteers are needed. If you'd like to help, please email admin@oasisbethlehem.org)

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 (1st floor)

Wellness – Registration Required (send email to info@oasisbethlehem.org)



- Movement on the Green: Nurtured in Nature – Mondays, 11 am - noon
- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1st 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 (2nd floor) – Zoom option available
- SMART Recovery for Individuals – Thursdays at 6:30–8:00 pm (2nd 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 (2nd floor) – Zoom option available
- Adult Children of Alcoholics (ACA) – Thursdays 5:00–6:00 pm (2nd floor) – Zoom option available

