

JULY 2026

CORE PEER RECOVERY & RESOURCE CENTER

11-15 PARKER STREET, SUITE 212

351-217-1427

WWW.CORERECOVERY.ORG



MON	TUE	WED	THU	FRI	SAT
RESERVE YOUR RECOVERY CRUISE TICKETS HERE!		¹ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:00 MEN'S RECOVERY 11:00 THE ART OF KNOT TYING 2-3:15 THE SPIRITUALITY OF IFS 3:30 TAI CHI 7-8:30 LEARN TO COPE	² 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 11:00 CORE MEMBER MEETING 12:00 RECOVERY VALUES 3:00 OVEREATERS ANONYMOUS 6-7:30 WOMEN'S AUGUSTINE FELLOWSHIP 6-7:30 WOMEN'S ACA 7:30-9 MEN'S NA	³ CLOSED	⁴  4th of July CLOSED
⁶ 3:15 VINES & LINES AA JOURNALING 6-7:30 WOMEN'S ACA 7:00 NA -JUST FOR TODAY	⁷ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 10:00 CO-ED ACA 10:30 FITNESS FOR LIFE 12:00 WOMEN'S RECOVERY 6:00 LGBTQIA & FRIENDS AA	⁸ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:00 MEN'S RECOVERY 11:00 THE ART OF KNOT TYING 2-3:15 THE SPIRITUALITY OF IFS 7-8:30 LEARN TO COPE (ZOOM)	⁹ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 4-9 CORE RECOVERY CRUISE 	¹⁰ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:30 MANY PATHS: RECOVERY LITERATURE 1:45 MUSIC EXPLORATION 5:00 YOUNG PEOPLE'S HANGOUT 6:00 THE WRITING GROUP 7:00 YOUNG PEOPLE'S AA	¹¹ 8:30 VINYASA YOGA (75 MIN) 10:00 MEDITATION 12:00 SOBER & FREE AA
¹³ 6-7:30 WOMEN'S ACA 7:00 NA -JUST FOR TODAY	¹⁴ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 10:00 CO-ED ACA 10:30 FITNESS FOR LIFE 12:00 WOMEN'S RECOVERY 6:00 LGBTQIA & FRIENDS AA	¹⁵ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:00 MEN'S RECOVERY 11:00 THE ART OF KNOT TYING 2-3:15 THE SPIRITUALITY OF IFS 7-8:30 LEARN TO COPE	¹⁶ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 11:00 CORE MEMBER MEETING 12:00 PEMA CHODRON LIVESTREAM 12:00 RECOVERY VALUES 3:00 OVEREATERS ANONYMOUS 6-7:30 WOMEN'S AUGUSTINE FELLOWSHIP 6-7:30 WOMEN'S ACA 7:30-9 MEN'S NA	¹⁷ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:30 MANY PATHS: RECOVERY LITERATURE 1:45 MUSIC EXPLORATION 5:00 YOUNG PEOPLE'S HANGOUT 6:00 THE WRITING GROUP 7:00 YOUNG PEOPLE'S AA	¹⁸ 8:30 VINYASA YOGA (75 MIN) 10:00 MEDITATION 12:00 SOBER & FREE AA 1-3 MAKING WITH MATISSE FLORAL DESIGN PAINTING WORKSHOP
²⁰ 6-7:30 WOMEN'S ACA 7:00 NA -JUST FOR TODAY	²¹ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 10:00 CO-ED ACA 10:30 FITNESS FOR LIFE 12:00 WOMEN'S RECOVERY 1:30 COME AS YOU ARE: PEER GRIEF SUPPORT FOR PEOPLE IN RECOVERY 6:00 LGBTQIA & FRIENDS AA	²² 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:00 MEN'S RECOVERY 11:00 THE ART OF KNOT TYING 2-3:15 THE SPIRITUALITY OF IFS 3:30 TAI CHI 7-8:30 LEARN TO COPE (ZOOM)	²³ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 12:00 RECOVERY VALUES 3:00 OVEREATERS ANONYMOUS 5:30 PARENT RECOVERY CONNECTION @ CAPE ANN YMCA 6-7:30 WOMEN'S AUGUSTINE FELLOWSHIP 6-7:30 WOMEN'S ACA 7:30-9 MEN'S NA	²⁴ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:30 MANY PATHS: RECOVERY LITERATURE 1:45 MUSIC EXPLORATION 5:00 YOUNG PEOPLE'S HANGOUT 6:00 THE WRITING GROUP 7:00 YOUNG PEOPLE'S AA	²⁵ 8:30 VINYASA YOGA (75 MIN) 10:00 MEDITATION 12:00 SOBER & FREE AA 2-4 COOKING CLASS!
²⁷ 6-7:30 WOMEN'S ACA 7:00 NA -JUST FOR TODAY	²⁸ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 10:00 CO-ED ACA 10:30 FITNESS FOR LIFE 12:00 WOMEN'S RECOVERY 6:00 LGBTQIA & FRIENDS AA 7:30 LEARNING TO COPE WITH GRIEF (HYBRID)	²⁹ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:00 MEN'S RECOVERY 11:00 THE ART OF KNOT TYING 2-3:15 THE SPIRITUALITY OF IFS 3:30 TAI CHI 7-8:30 LEARN TO COPE (ZOOM)	³⁰ 8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 12:00 RECOVERY VALUES 3:00 OVEREATERS ANONYMOUS 5:00 CREATIVE CURRENTS 6-7:30 WOMEN'S AUGUSTINE FELLOWSHIP 6-7:30 WOMEN'S ACA 7:30-9 MEN'S NA	³¹ 8:30 SLOW FLOW YOGA (1 HR) 10:00 MEDITATION 10:30 MANY PATHS: RECOVERY LITERATURE 1:45 MUSIC EXPLORATION 5:00 YOUNG PEOPLE'S HANGOUT 6:00 THE WRITING GROUP 7:00 YOUNG PEOPLE'S AA	