

# 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
<p><b>RESERVE YOUR RECOVERY CRUISE TICKETS HERE!</b></p> 		<p>1</p> <p>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</p>	<p>2</p> <p>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</p>	<p>3</p> <p><b>CLOSED</b></p>	<p>4</p> <p><b>4th of July</b></p> <p><b>CLOSED</b></p>
<p>6</p> <p>3:15 VINES &amp; LINES AA JOURNALING 6-7:30 WOMEN'S ACA 6:30 AL-ANON 7:00 NA -JUST FOR TODAY</p>	<p>7</p> <p>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 <b>LGBTQIA &amp; FRIENDS AA</b></p>	<p>8</p> <p>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)</p>	<p>9</p> <p>8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION <b>4-9 CORE RECOVERY CRUISE</b></p> 	<p>10</p> <p>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</p>	<p>11</p> <p>8:30 VINYASA YOGA (75 MIN) 10:00 MEDITATION 12:00 SOBER &amp; FREE AA</p>
<p>13</p> <p>3:15 VINES &amp; LINES AA JOURNALING 6-7:30 WOMEN'S ACA 6:30 AL-ANON 7:00 NA -JUST FOR TODAY</p>	<p>14</p> <p>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 <b>LGBTQIA &amp; FRIENDS AA</b></p>	<p>15</p> <p>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</p>	<p>16</p> <p>8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 11:00 CORE MEMBER MEETING <b>12:00 PEMA CHODRON LIVESTREAM</b> 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</p>	<p>17</p> <p>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</p>	<p>18</p> <p>8:30 VINYASA YOGA (75 MIN) 10:00 MEDITATION 12:00 SOBER &amp; FREE AA <b>1-3 MAKING WITH MATISSE FLORAL DESIGN PAINTING WORKSHOP</b></p>
<p>20</p> <p>3:15 VINES &amp; LINES AA JOURNALING 6-7:30 WOMEN'S ACA 6:30 AL-ANON 7:00 NA -JUST FOR TODAY</p>	<p>21</p> <p>8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 10:00 CO-ED ACA 10:30 FITNESS FOR LIFE 12:00 WOMEN'S RECOVERY <b>1:30 COME AS YOU ARE: PEER GRIEF SUPPORT FOR PEOPLE IN RECOVERY</b> 6:00 <b>LGBTQIA &amp; FRIENDS AA</b></p>	<p>22</p> <p>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)</p>	<p>23</p> <p>8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 12:00 RECOVERY VALUES 3:00 OVEREATERS ANONYMOUS <b>5:30 PARENT RECOVERY CONNECTION @ CAPE ANN YMCA</b> 6-7:30 WOMEN'S AUGUSTINE FELLOWSHIP 6-7:30 WOMEN'S ACA 7:30-9 MEN'S NA</p>	<p>24</p> <p>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</p>	<p>25</p> <p>8:30 VINYASA YOGA (75 MIN) 10:00 MEDITATION 12:00 SOBER &amp; FREE AA <b>2-4 COOKING CLASS!</b></p>
<p>27</p> <p>3:15 VINES &amp; LINES AA JOURNALING 6-7:30 WOMEN'S ACA 6:30 AL-ANON 7:00 NA -JUST FOR TODAY</p>	<p>28</p> <p>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 <b>LGBTQIA &amp; FRIENDS AA</b> 7:30 LEARNING TO COPE WITH GRIEF (HYBRID)</p>	<p>29</p> <p>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)</p>	<p>30</p> <p>8:30 RESTORATIVE YOGA (75 MIN) 10:00 MEDITATION 12:00 RECOVERY VALUES 3:00 OVEREATERS ANONYMOUS <b>5:00 CREATIVE CURRENTS</b> 6-7:30 WOMEN'S AUGUSTINE FELLOWSHIP 6-7:30 WOMEN'S ACA 7:30-9 MEN'S NA</p>	<p>31</p> <p>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</p>	