

# MAY 2026



**CORE Peer Recovery &  
Resource Center**  
11-15 Parker Street Suite 212  
351-217-1427

**Hours:** Thurs 8:15-9:00  
Mon 1:00-8:00 Fri 8:15-9:00  
Tues 8:15-7:30 Sat 8:15-4:00  
Wed 8:15-5:00 Closed Sunday



www.corerecovery.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1  
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

2  
10:00 Meditation  
12:00 Sober & free AA  
2-4 Cooking Class!

4  
6-7:30 Women's ACA  
6:30 Al-Anon  
7:00 NA -Just For Today

**CINCO DE MAYO** 5  
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**

6  
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

7  
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

8  
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

9  
8:30 Vinyasa yoga (75 min)  
10:00 Meditation  
12:00 Sober & free AA

11  
6-7:30 Women's ACA  
6:30 Al-Anon  
7:00 NA -Just For Today

12  
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**

13  
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)

14  
8:30 Restorative Yoga (75 min)  
10:00 Meditation  
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

15  
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

16  
8:30 Vinyasa yoga (75 min)  
10:00 Meditation  
12:00 Sober & free AA

18  
6-7:30 Women's ACA  
6:30 Al-Anon  
7:00 NA -Just For Today

19  
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**

20  
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

21  
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

22  
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

23  
8:30 Vinyasa yoga (75 min)  
10:00 Meditation  
12:00 Sober & free AA  
2-4 Cooking Class!

25  
  
**MEMORIAL DAY**  
Closed

26  
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)

27  
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)

28  
8:30 Restorative Yoga (75 min)  
10:00 Meditation  
12:00 Recovery Values  
3:00 Overeaters Anonymous  
5:00 **Creative Currents**  
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

29  
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

30  
8:30 Vinyasa yoga (75 min)  
10:00 Meditation  
12:00 Sober & free AA