

OCTOBER 2026

CORE PEER RECOVERY & RESOURCE CENTER
11-15 PARKER STREET, SUITE 212
351-217-1427
WWW.CORERECOVERY.ORG



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOURS: MON 1:00-8:00 TUES 8:15-7:30 WED 8:15-5:00 THURS 8:15-9:00 FRI 8:15-9:00 SAT 8:15-4:00 CLOSED SUNDAY			1 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	2 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	3 8:30 Vinyasa yoga(75 min) 10:00 Meditation 12:00 Sober & free AA 1:00 Creative Recovery - Watercolors!
5 6-7:30 Women's ACA 7:00 NA -Just For Today	6 8:30 Restorative yoga (75 min) 9-4 Recovery Coach Training 10:00 Meditation 10:00 Co-ed ACA 10:30 Fitness For Life 12:00 Women's Recovery 6:00 LGBTQIA & Friends AA	7 8:30 Slow flow yoga (1 hr) 9-4 Recovery Coach Training 10:00 Meditation 10:00 Men's Recovery 11:00 The Art of Knot Tying 2-3:15 The Spirituality of IFS 3:30-4:45 Tai Chi 7-8:30 Learn To Cope	8 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	9 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	10 8:30 Vinyasa yoga(75 min) 10:00 Meditation 12:00 Sober & free AA
12  Indigenous Peoples' Day -Closed-	13 8:30 Restorative yoga (75 min) 10:00 Meditation 10:00 Co-ed ACA 10:30 Fitness For Life 12:00 Women's Recovery 3-5 Life is a Canvas Art Class 6:00 LGBTQIA & Friends AA	14 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 3:30-4:45 Tai Chi 7-8:30 Learn To Cope (Zoom)	15 8:30 Restorative Yoga (75 min) 10:00 Meditation 11:00 CORE Member Meeting 12-3 Vaccine Clinic 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	16 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	17 8:30 Vinyasa yoga(75 min) 10:00 Meditation 12:00 Sober & free AA
19 6-7:30 Women's ACA 3-5 Tarot Card Readings w/ Melissa 7:00 NA -Just For Today	20 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 3-5 Life is a Canvas Art Class 6:00 LGBTQIA & Friends AA	21 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 3:30-4:45 Tai Chi 7-8:30 Learn To Cope	22 8:30 Restorative Yoga (75 min) 9-3 Vaccine Clinic 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	23 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	24 8:30 Vinyasa yoga(75 min) 10:00 Meditation 12:00 Sober & free AA
26 6-7:30 Women's ACA 7:00 NA -Just For Today	27 8:30 Restorative yoga (75 min) 10:00 Meditation 10:00 Co-ed ACA 10:30 Fitness For Life 12:00 Women's Recovery 3-5 Life is a Canvas Art Class 6:00 LGBTQIA & Friends AA 7:30 Learning to Cope with Grief (Hybrid)	28 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 3:30-4:45 Tai Chi 7-8:30 Learn To Cope (Zoom)	29 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	30 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	31 8:30 Vinyasa yoga(75 min) 10:00 Meditation 12:00 Sober & free AA 1:00-2:30 Pool & Games @ CORE!