



CORE SCHEDULE

SEPTEMBER 28TH - OCTOBER 3RD

CORE PEER RECOVERY & RESOURCE CENTER
11-15 PARKER STREET, SUITE 212, GLOUCESTER MA 01930
PHONE # 351-217-1427

Monday
28
Open 1-8

6-7:30 Women's ACA
7:00 NA Meeting - Just For Today

Tuesday
29
Open 8:15-7:30

8:30 Restorative Yoga (75 Minutes)
10:00 Meditation
10:00 Co-ed ACA
10:30 Fitness For Life
12:00 Women's Recovery
4-7 CORE'S 4th Anniversary Open House!
7:30 Learning to Cope with Grief (Zoom)



Wednesday
30
Open 8:15-5

8:30 Slow Flow Yoga
10-10:30 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)

Thursday
1
Open 8:15-9

8:30 Resorative Yoga (75 Minutes)
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

Friday
2
Open 8:15-9

8:30 Slow Flow Yoga
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

Saturday
3
Open 8:15-4:00

8:30 Vinyasa Yoga (75 Minutes)
10:00 Meditation
12:00 Sober & Free AA
1:00 Creative Recovery - Watercolors!

MEETINGS, GROUPS AND CLASSES ARE ONE HOUR LONG
UNLESS OTHERWISE SPECIFIED :)

