



CORE SCHEDULE

OCTOBER 13TH - 18TH



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



Monday

13
CLOSED

**CLOSED IN OBSERVANCE OF INDIGENOUS
PEOPLES' DAY**

Tuesday

14
Open 8:30-8

8:30-9:45 Slow Flow Yoga
10-10:30 Meditation
12:00 Women's Recovery
5:00 Beyond The Label
6:00 LGBTQIA & Friends
7:00 SUDA Meeting

Wednesday

15
Open 9-5

8:30 Slow Flow Yoga
9:00 Recovery Education
10-10:30 Meditation
10:00 Men's Recovery
11:00 Creative Currents
2-3:15 The Spirituality of IFS
3:30 Five Circles Tai Chi Group
7:00-8:30 Learn to Cope

Thursday

16
Open 8:30-9

8:30-9:45 Restorative Yoga
10-10:30 Meditation
11:00 CORE Member Meeting
12:00 Recovery Values
2:00 Aging & the 12 Steps
4-6 Recovery High Visit & Meeting
6-7:30 Women's ACA
7:30-9 Men's NA

Friday

17
Open 8:30-9

8:30-9:45 Vinyasa Yoga
10-10:30 Meditation
10:30 Many Paths: Recovery Literature
1:45 Music Exploration
5:00 Young People's Hangout
7:00 Young People's AA
7:00 SUDA

Saturday

18
Open 9:30-1:30

10-10:30 Meditation
12:00 Sober & Free AA

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

