

2025

# December

## CORE Peer Recovery & Resource Center

11-15 Parker Street Suite 212

315-217-1427

### Hours:

Mon 8:15-8:00

Tues 8:15-8:00

Wed 8:15-5:00

Thurs 8:15-9:00

Fri 8:15-9:00

Sat 9:30-1:30

Closed Sunday



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 8:30 Restorative Yoga (1 hr) 10:00 Meditation <b>12:00 Tai Chi (1 hr)</b> 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	<b>2</b> 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery <b>5:00 Beyond the Label</b> 6:00 <b>LGBTQIA &amp; Friends AA</b>	<b>3</b> 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery: Card Making <b>2-3:15 The Spirituality of IFS</b> <b>3:30 Tai Chi (1 hr)</b> 7-8:30 Learn To Cope	<b>4</b> 8:30 Restorative Yoga (75 min) 10:00 Meditation <b>11:00 CORE Member Meeting</b> 12:00 Recovery Values 2:00 Aging & the 12 Steps 6-7:30 Women's ACA 7:30-9 Men's NA	<b>5</b> 8:30 Restorative Yoga (75 min) 10:00 Meditation 10:30 Many Paths: Recovery Literature 1:45 Music Exploration 5:00 Young People's Hangout <b>6:00 The Writing Group</b> 7:00 Young People's AA	<b>6</b> Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA <b>2-4 Tabletop Tree Making Grief Support Workshop</b>
<b>8</b> 8:30 Restorative Yoga (1 hr) 10:00 Meditation <b>12:00 Tai Chi (1 hr)</b> <b>5-7 Reentry Group</b> 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	<b>9</b> 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery <b>5:00 Beyond the Label</b> 6:00 <b>LGBTQIA &amp; Friends AA</b>	<b>10</b> 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery <b>2-3:15 The Spirituality of IFS</b> <b>3:30 Tai Chi (1 hr)</b> 7-8:30 Learn To Cope (Zoom)	<b>11</b> 8:30 Restorative Yoga (75 min) 10:00 Meditation 12:00 Recovery Values 2:00 Aging & the 12 Steps 4-6 Recovery High Visit 6-7:30 Women's ACA 7:30-9 Men's NA	<b>12</b> 8:30 Restorative Yoga (75 min) 10:00 Meditation 10:30 Many Paths: Recovery Literature <b>11-1 Pottery Workshop</b> 1:45 Music Exploration 5:00 Young People's Hangout <b>6:00 The Writing Group</b> 7:00 Young People's AA	<b>13</b> Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
<b>15</b> 8:30 Restorative Yoga (1 hr) 10:00 Meditation <b>12:00 Tai Chi (1 hr)</b> <b>12:00 Come As You Are: Peer Greif Support for People in Recovery</b> 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	<b>16</b> 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life <b>10:30 Spirituality Soup</b> 12:00 Women's Recovery <b>5:00 Beyond the Label</b> 6:00 <b>LGBTQIA &amp; Friends AA</b>	<b>17</b> 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery <b>2-3:15 The Spirituality of IFS</b> <b>3:30 Tai Chi (1 hr)</b> 7-8:30 Learn To Cope	<b>18</b> 8:30 Restorative Yoga (75 min) 10:00 Meditation <b>11:00 CORE Member Meeting</b> 12:00 Recovery Values 2:00 Aging & the 12 Steps 6-7:30 Women's ACA 7:30-9 Men's NA	<b>19</b> 8:30 Restorative Yoga (75 min) 10:00 Meditation 10:30 Many Paths: Recovery Literature 1:45 Music Exploration 5:00 Young People's Hangout <b>6:00 The Writing Group</b> 7:00 Young People's AA	<b>20</b> Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
<b>22</b> 8:30 Restorative Yoga (1 hr) 10:00 Meditation <b>12:00 Tai Chi (1 hr)</b> <b>5-7 Reentry Group</b> 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	<b>23</b> 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery <b>5:00 Beyond the Label</b> 6:00 <b>LGBTQIA &amp; Friends AA</b>	<b>24</b> 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery <b>Closing at 2:00</b> 7-8:30 Learn To Cope (zoom)	<b>25</b> <b>Christmas Day</b> Closed	<b>26</b> <b>HAPPY KWANZAA</b> 8:30 Restorative Yoga (75 min) 10:00 Meditation 10:30 Many Paths: Recovery Literature 1:45 Music Exploration 5:00 Young People's Hangout <b>6:00 The Writing Group</b> 7:00 Young People's AA	<b>27</b> Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
<b>29</b> 8:30 Restorative Yoga (1 hr) 10:00 Meditation <b>12:00 Tai Chi (1 hr)</b> 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	<b>30</b> 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery 6:00 <b>LGBTQIA &amp; Friends AA</b> 7:00 Learning to Cope with Grief (Hybrid)	<b>31</b> 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery <b>2-3:15 The Spirituality of IFS</b> <b>3:30 Tai Chi (1 hr)</b> 7-8:30 Learn To Cope (Zoom)			 <a href="http://www.corerecovery.org">www.corerecovery.org</a>

HAPPY HANUKKAH



Yule Blessings