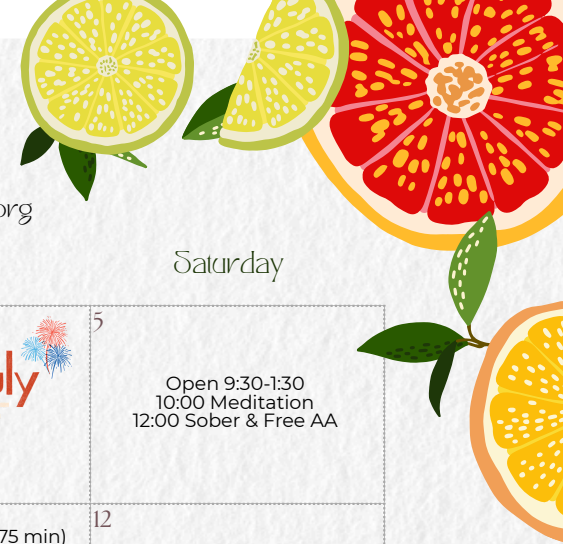


# CORE Calendar July 2025



www.corerecovery.org



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery 5:00 Beyond The Label 6:00 LGBTQIA & Friends AA 7:00 SUDA	2 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 3:30 Thai Chi (1 hr) 7-8:30 Learn to Cope	3 8:30 Restorative Yoga (75 min) 10:00 Meditation 11:00 CORE Member Meeting 12:00 Recovery Values 2:00 Aging & the 12 Steps Center Closes at 5:00	4 <b>4th of July</b> CLOSED	5 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
7 8:30 Restorative Yoga (1 hr) 10:00 Meditation 12:00 Tai Chi (1 hr) 6-7:30 Women's ACA 7:00 NA - Just For Today	8 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery 5:00 Beyond The Label 6:00 LGBTQIA & Friends AA 7:00 SUDA	9 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (zoom)	10 8:30 Restorative Yoga (75 min) 10:00 Meditation 12:00 Recovery Values 2:00 Aging & the 12 Steps 6-7:30 Women's ACA 7:30-9 Men's NA	11 8:30 Vinyasa Yoga (75 min) 10:00 Meditation 10:30 Many Paths: Recovery Literature 11:00 EBT Checkup 1:45 Music Exploration 3-5:30 Pre-Cruise Food & Gathering! 6-9 CORE Recovery Cruise Center Closes at 5:30	12 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
14 8:30 Restorative Yoga (1 hr) 10:00 Meditation 6-7:30 Women's ACA 7:00 NA - Just For Today	15 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 10-45-12 Spirituality Soup 12:00 Women's Recovery 5:00 Beyond The Label 6:00 LGBTQIA & Friends AA 7:00 SUDA	16 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 12:00 Pema Chödrön Live Stream at CORE 2:00 Therapeutic Arts Workshop: Pottery Painting 7-8:30 Learn to Cope	17 8:30 Restorative Yoga (75 min) 10:00 Meditation 11:00 CORE Member Meeting 12:00 Recovery Values 2:00 Aging & the 12 Steps 6-7:30 Women's ACA 7:30-9 Men's NA	18 8:30 Vinyasa Yoga (75 min) 10:00 Meditation 10:30 Many Paths: Recovery Literature 1:45 Music Exploration 5-9 Free Haircuts with Jess 5:00 Young People's Hangout 6:00 Recovery Dharma 7:00 Young People's AA 7:00 SUDA	19 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
21 8:30 Restorative Yoga (1 hr) 10:00 Meditation 10:30 Come As You Are: Peer Grief Support for People in Recovery 12:00 Tai Chi (1 hr) 6-7:30 Women's ACA 7:00 NA - Just For Today	22 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery 5:00 Beyond The Label 6:00 LGBTQIA & Friends AA 7:00 SUDA	23 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (zoom)	24 8:30 Restorative Yoga (75 min) 10:00 Meditation 12:00 Recovery Values 2:00 Aging & the 12 Steps 6-7:30 Women's ACA 7:30-9 Men's NA	25 8:30 Vinyasa Yoga (75 min) 10:00 Meditation 10:30 Many Paths: Recovery Literature 1:45 Music Exploration 5:00 Young People's Hangout 6:00 Recovery Dharma 7:00 Young People's AA 7:00 SUDA	26 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
28 8:30 Restorative Yoga (1 hr) 10:00 Meditation 12:00 Tai Chi (1 hr) 6-7:30 Women's ACA 7:00 NA - Just For Today	29 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery 5:00 Beyond The Label 6:00 LGBTQIA & Friends AA 7:00 SUDA 7:00 Learning to Cope with Grief (Hybrid)	30 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (zoom)	31 8:30 Restorative Yoga (75 min) 10:00 Meditation 12:00 Recovery Values 2:00 Aging & the 12 Steps 6-7:30 Women's ACA 7:30-9 Men's NA		

Purchase your recovery cruise tickets here! →

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**CORE Peer Recovery & Resource Center**

11-15 Parker Street Suit 212  
351-217-1427

HOURS:  
Mon 8:30-8:00  
Tues 8:30-8:00  
Wed 9:00-5:00  
Thurs 8:30-9:00  
Fri 8:30-9:00  
Sat 9:30-1:30  
Closed Sunday

