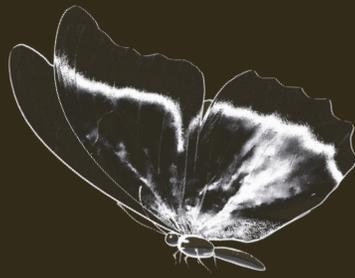


# MARCH 2026



CORE Peer Recovery & Resource Center  
11-15 Parker Street, Suite 212  
351-217-1427



www.corerecovery.org

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



| Mon  | Tue  | Wed  | Thu  | Fri  | Sat   |
|--|--|--|--|--|---|
| 2<br>6-7:30 Women's ACA<br>6:30 Al-Anon<br>7:00 NA -Just For Today                         | 3<br>8:30 Restorative yoga (75 min)<br>10:00 Meditation<br>10:00 Co-ed ACA<br>10:30 Fitness For Life<br>12:00 Women's Recovery<br>6:00 <b>LGBTQIA</b> & Friends AA   | 4<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:00 Men's Recovery<br>11:00 Creative Recovery: Card Making<br>2-3:15 The Spirituality of IFS<br>7-8:30 Learn To Cope  | 5<br>8:30 Restorative Yoga (75 min)<br>10:00 Meditation<br>11:00 <b>CORE Member Meeting</b><br>12:00 Recovery Values<br>2:00 Aging & the 12 Steps<br>6-7:30 Women's ACA<br>7:30-9 Men's NA   | 6<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:30 Many Paths: Recovery Literature<br>1:45 Music Exploration<br>5:00 Young People's Hangout<br>6:00 The Writing Group<br>7:00 Young People's AA  | 7<br>8:30 Vinyasa yoga (75 min)<br>10:00 Meditation<br>12:00 Sober & free AA  |
| 9<br>3:30 Tai Chi (1 hr)<br>6-7:30 Women's ACA<br>6:30 Al-Anon<br>7:00 NA -Just For Today  | 10<br>8:30 Restorative yoga (75 min)<br>10:00 Meditation<br>10:00 Co-ed ACA<br>10:30 Fitness For Life<br>12:00 Women's Recovery<br>6:00 <b>LGBTQIA</b> & Friends AA  | 11<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:00 Men's Recovery<br>11:00 Creative Recovery<br>2-3:15 The Spirituality of IFS<br>3:30 Tai Chi (1 hr)<br>7-8:30 Learn To Cope (Zoom)  | 12<br>8:30 Restorative Yoga (75 min)<br>10:00 Meditation<br>12:00 Recovery Values<br>2:00 Aging & the 12 Steps<br>4-6 <b>Recovery High visit</b><br>6-7:30 Women's ACA<br>7:30-9 Men's NA  | 13<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:30 Many Paths: Recovery Literature<br>1:45 Music Exploration<br>5:00 Young People's Hangout<br>6:00 The Writing Group<br>7:00 Young People's AA | 14<br>8:30 Vinyasa yoga (75 min)<br>10:00 Meditation<br>12:00 Sober & free AA<br>2-4 <b>Soft Launch; Cooking Class!</b>           |
| 16<br>3:30 Tai Chi (1 hr)<br>6-7:30 Women's ACA<br>6:30 Al-Anon<br>7:00 NA -Just For Today | 17<br>🌸🌿🍀🌱🌻🌼🌾<br>Happy St. Patrick's Day!<br>8:30 Restorative yoga (75 min)<br>10:00 Meditation<br>10:00 Co-ed ACA<br>10:30 Fitness For Life<br>12:00 Women's Recovery<br>6:00 <b>LGBTQIA</b> & Friends AA                             | 18<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:00 Men's Recovery<br>11:00 Creative Recovery<br>2-3:15 The Spirituality of IFS<br>3:30 Tai Chi (1 hr)<br>7-8:30 Learn To Cope   | 19<br>8:30 Restorative Yoga (75 min)<br>10:00 Meditation<br>11:00 <b>CORE Member Meeting</b><br>12:00 Recovery Values<br>2:00 Aging & the 12 Steps<br>6-7:30 Women's ACA<br>7:30-9 Men's NA  | 20<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:30 Many Paths: Recovery Literature<br>1:45 Music Exploration<br>5:00 Young People's Hangout<br>6:00 The Writing Group<br>7:00 Young People's AA | 21<br>8:30 Vinyasa yoga (75 min)<br>10:00 Meditation<br>12:00 Sober & free AA<br>6:30-9 <b>St. Patrick's Day Party (Potluck!)</b> |
| 23<br>3:30 Tai Chi (1 hr)<br>6-7:30 Women's ACA<br>6:30 Al-Anon<br>7:00 NA -Just For Today | 24<br>8:30 Restorative yoga (75 min)<br>10:00 Meditation<br>10:00 Co-ed ACA<br>10:30 Fitness For Life<br>12:00 Women's Recovery<br>1:30 Come As You Are: Peer Grief Support for People in Recovery<br>6:00 <b>LGBTQIA</b> & Friends AA | 25<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:00 Men's Recovery<br>11:00 Creative Recovery<br>2-3:15 The Spirituality of IFS<br>3:30 Tai Chi (1 hr)<br>7-8:30 Learn To Cope (Zoom)  | 26<br>8:30 Restorative Yoga (75 min)<br>10:00 Meditation<br>12:00 Recovery Values<br>2:00 Aging & the 12 Steps<br>5:00 <b>Creative Currents</b><br>5:30 <b>Parent Recovery Connection @ Cape Ann YMCA</b><br>6-7:30 Women's ACA<br>7:30-9 Men's NA | 27<br>8:30 Slow flow yoga (1 hr)<br>10:00 Meditation<br>10:30 Many Paths: Recovery Literature<br>1:45 Music Exploration<br>5:00 Young People's Hangout<br>6:00 The Writing Group<br>7:00 Young People's AA | 28<br>8:30 Vinyasa yoga (75 min)<br>10:00 Meditation<br>12:00 Sober & free AA   |
| 30<br>3:30 Tai Chi (1 hr)<br>6-7:30 Women's ACA<br>6:30 Al-Anon<br>7:00 NA -Just For Today | 31<br>8:30 Restorative yoga (75 min)<br>10:00 Meditation<br>10:00 Co-ed ACA<br>10:30 Fitness For Life<br>12:00 Women's Recovery<br>6:00 <b>LGBTQIA</b> & Friends AA<br>7:30 Learning to Cope with Grief (Hybrid)                       | <p>We're excited to share that a Recovery Coach Academy Training is coming to CORE on April 6–10! This is a great opportunity for those interested in becoming a recovery coach or learning more about addiction and recovery while supporting their community. Space is limited—contact a staff member soon to sign up.</p> |  |  |   |