

# CORE SCHEDULE

WEEK OF MARCH 31ST - APRIL 5TH

CORE PEER RECOVERY & REOURCE CENTER  
11-15 PARKER ST, SUITE 212, GLOUCESTER MA 01930  
PHONE # (351) 217- 1427



**MONDAY**  
**31**  
OPEN 8:30 - 8

**10:00 MEDITATION**  
**6:00 - 7:30 WOMEN'S ACA**  
**7:00 JUST FOR TODAY NA MEETING**

**TUESDAY**  
**1**  
OPEN 8:30-8

**9:00 - 10:15 SLOW FLOW YOGA**  
**10:00 MEDITATION**  
**12:00 WOMEN'S RECOVERY**  
**2:00 GRATITUDE JOURNAL WORKSHOP!**  
**6:00 - LGBTQIA & FRIENDS AA**  
**7:00 - SUDA MEETING**



**WEDNESDAY**  
**2**  
OPEN 9-5

**9:00 RECOVERY EDUCATION**  
**10:00 MEDITATION**  
**10:00 MEN'S RECOVERY**  
**11:00 CREATIVE RECOVERY**  
**2:00 FITNESS FOR LIFE**  
**7:00 - 8:30 LEARN TO COPE**

**THURSDAY**  
**3**  
OPEN 8:30-9

**9:00 - 10:15 RESTORATIVE YOGA**  
**10:00 MEDITATION**  
**12:00 RECOVERY VALUES**  
**2:00 AGING & THE TWELVE STEPS**  
**6:00 BIG BOOK STEP MEETING**  
**6:00 - 7:30 WOMEN'S ACA**  
**7:30 - 9:00 MEN'S AA**

**FRIDAY**  
**4**  
OPEN 9-9

**9:00 - 10:15 VINYASA YOGA**  
**10:00 MEDITATION**  
**10:30 MANY PATHS: RECOVERY LITERATURE**  
**2:00 MUSIC EXPLORATION**  
**5:00 - 9:00 YOUNG PEOPLE'S HANGOUT**  
**6:00 RECOVERY DHARMA**  
**7:00 YOUNG PEOPLE'S AA**  
**7:00 SUDA MEETING**

**SATURDAY**  
**5**  
OPEN 9:30-1:30

**10:00 MEDITATION**  
**12:00 SOBER & FREE AA**

