

NOVEMBER 2025



**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



www.corerecovery.org

MON

TUE

WED

THU

FRI

SAT

					1 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
3 8:30 Restorative Yoga (1 hr) 10:00 Meditation 12:00 Tai Chi (1 hr) 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	4 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	5 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 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn To Cope	6 8:30 Restorative Yoga (75 min) 10:00 Meditation 11:00 CORE Member Meeting 11-1 EBT Checkup 12:00 Recovery Values 2:00 Aging & the 12 Steps 4-6 Recovery High Visit 5:00 Creative Currents 6-7:30 Women's ACA 7:30-9 Men's NA	7 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 6:00 The Writing Group 7:00 Young People's AA	8 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
10 8:30 Restorative Yoga (1 hr) 10:00 Meditation 12:00 Tai Chi (1 hr) 5-7 Re Entry Group 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	11  Closed	12 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (Zoom)	13 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	14 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 The Writing Group 7:00 Young People's AA	15 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA 2:00 Sound Healing Journey At Floating Lotus (sign up required)
17 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 6:30 Al-Anon 7:00 NA -Just For Today	18 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	19 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope	20 8:30 Restorative Yoga (75 min) 10:00 Meditation 11:00 CORE Member Meeting 12:00 Recovery Values 2:00 Aging & the 12 Steps 5:00 Creative Currents 6-7:30 Women's ACA 7:30-9 Men's NA	21 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 The Writing Group 7:00 Young People's AA	22 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
24 8:30 Restorative Yoga (1 hr) 10:00 Meditation 12:00 Tai Chi (1 hr) 5-7 Re Entry Group 6-7:30 Women's ACA 6:30 Al-Anon 7:00 NA -Just For Today	25 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	26 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Recovery 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (Zoom)	27  Open 8:30-11 8:30 Grateful Flow Yoga & Bagel Brunch	28 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 The Writing Group 7:00 Young People's AA	29 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA