

October 2025

CORE Peer Recovery & Resource Center

11-15 Parker Street Suite 212
315-217-1427



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

MON	TUE	WED	THU	FRI	SAT
		1 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) No Learn To Cope Mtg Tonight	2 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	3 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 7:00 Young People's AA 7:00 SUDA	4 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
6 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	7 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 12:00 Women's Recovery 6:00 LGBTQIA & Friends AA 7:00 SUDA	8 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Currents 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (Zoom)	9 8:30 Restorative Yoga (75 min) 10:00 Meditation 11-1 Make Pumpkin Hummus! 12:00 Recovery Values 2:00 Aging & the 12 Steps 6-7:30 Women's ACA 7:30-9 Men's NA	10 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 7:00 Young People's AA 7:00 SUDA	11 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
13  closed	14 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	15 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Currents 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope	16 8:30 Restorative Yoga (75 min) 10:00 Meditation 11:00 CORE Member Meeting 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	17 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 7:00 Young People's AA 7:00 SUDA	18 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
20 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	21 8:30 Slow Flow Yoga (75 min) 10:00 Meditation 10:30 Fitness For Life 10:30 Spirituality Soup 12:00 Women's Recovery 5:00 Beyond the Label 6:00 LGBTQIA & Friends AA 7:00 SUDA	22 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Currents 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (Zoom)	23 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	24 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 7:00 Young People's AA 7:00 SUDA	25 Open 9:30-1:30 10:00 Meditation 12:00 Sober & Free AA
27 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	28 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)	29 8:30 Slow Flow Yoga (1 hr) 9:00 Recovery Education 10:00 Meditation 10:00 Men's Recovery 11:00 Creative Currents 2-3:15 The Spirituality of IFS 3:30 Tai Chi (1 hr) 7-8:30 Learn to Cope (Zoom)	30 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	31 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 7:00 Young People's AA 7:00 SUDA	