

SEPTEMBER 2025

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 8:30-5:00
 Thurs 8:30-9:00
 Fri 8:30-9:00
 Sat 9:30-1:30
 Closed Sunday

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1

★ **LABOR DAY** ★
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Closed

2

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

3

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 **Tai Chi (1 hr)**
 7-8:30 Learn to Cope

4

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

5

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

6

Open 9:30-1:30
 10:00 Meditation
 12:00 Sober & Free AA

8

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

9

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

10

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)

11

8:30 Restorative Yoga (75 min)
 10:00 Meditation
 11-1 **EBT Checkup**
 12:00 Recovery Values
 2:00 Aging & the 12 Steps
 6-7:30 Women's ACA
 7:30-9 Men's NA

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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
 5-6 **Paint Night!**
 6:00 Recovery Dharma
 7:00 Young People's AA
 7:00 SUDA

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Open 9:30-1:30
 10:00 Meditation
 12:00 Sober & Free AA

15

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

16

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

17

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

18

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

19

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

20

Open 9:30-1:30
 10:00 Meditation
 12:00 Sober & Free AA

22

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

23

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

24

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)

25

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

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9-3 **MOAR Recovery Celebration Day**
 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

27

Open 9:30-1:30
 10:00 Meditation
 12:00 Sober & Free AA

29

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

30

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)

National Recovery Month

STRONGER TOGETHER

www.corerecovery.org

