

CORE SCHEDULE

JANUARY 12TH - JANUARY 17TH

CORE PEER RECOVERY & RESOURCE CENTER
11-15 PARKER STREET, SUITE 212, GLOUCESTER MA 01930
PHONE # 351-217-1427

Monday

12

Open 2-8

3:30 Five Circles Tai Chi Group
6-7:30 Women's ACA
6:30 Al-Anon
7:00 Just For Today NA

Tuesday

13

Open 8:15-8

8:30 Restorative Yoga (75 minutes)
10:00 Meditation
10:00 Co-ed ACA
10:00 Ask A Trainer
10:30 Fitness For Life
12:00 Women's Recovery
6:00 LGBTQIA & Friends AA

Wednesday

14

Open 8:15-5

8:30 Slow Flow Yoga
9:00 Recovery Education
10-10:30 Meditation
10:00 Men's Recovery
11:00 Creative Recovery
2-3:15 The Spirituality of IFS
3:30 Tai Chi
7-7:30 Learn to Cope (Zoom)

Thursday

15

Open 8:30-11

8:30 Restorative Yoga (75 minutes)
10:00 Meditation
12:00 Recovery Values
2:00 Aging & The Twelve Steps
6-7:30 Women's ACA
7:30-8:45 Men's NA

Friday

16

Open 8:15-9

8:30 Slow Flow Yoga
10-10:30 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

Saturday

17

Open 8:15-4:00

8:30 Vinyasa Yoga (75 minutes)
10-10:30 Meditation
12:00 Sober & Free AA

MEETINGS, GROUPS AND CLASSES ARE ONE HOUR LONG
UNLESS OTHERWISE SPECIFIED :)

