

CORE SCHEDULE

FEBRUARY 2ND - FEBRUARY 7TH

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

Monday

2

Open 2-8

3:30 Tai Chi (1 hr)
6-7:30 Women's ACA
6:30 Al-Anon
7:00 NA -Just For Today

Tuesday

3

Open 8:15-8

8:30 Restorative Yoga (75 minutes)
10:00 Meditation
10:00 Co-ed ACA
10:30 Fitness For Life
12:00 Women's Recovery
5:00 Beyond The Label
6:00 LGBTQIA & Friends AA

Wednesday

4

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

Thursday

5

Open 8:30-11

8:30 Restorative Yoga (75 minutes)
10:00 Meditation
11:00 CORE Member Meeting
12:00 Recovery Values
2:00 Aging & The Twelve Steps
4-6 Recovery High Visit
5:00 Creative Currents
6-7:30 Women's ACA
7:30-8:45 Men's NA

Friday

6

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

7

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 :)

