

# CORE SCHEDULE

MARCH 9<sup>TH</sup> - MARCH 14<sup>TH</sup>

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



**Monday**

**9**

Open 1-8

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



**Tuesday**

**10**

Open 8:15-7:30

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



**Wednesday**

**11**

Open 8:15-5

8:30 Slow Flow Yoga  
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**

**12**

Open 8:15-9

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

**Friday**

**13**

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**

**14**

Open 8:15-4:00

8:30 Vinyasa Yoga (75 minutes)  
10-10:30 Meditation  
12:00 Sober & Free AA  
2-4 Soft Launch: Cooking Class!

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

