

CORE SCHEDULE

AUGUST 4TH - 9TH

CORE PEER RECOVERY & RECOURCE CENTER
11-15 PARKER ST, SUITE 212, GLOUCESTER MA 01930
PHONE # (351) 217- 1427

MONDAY
4
OPEN 8:30 - 8

8:30 RESTORATIVE YOGA
10:00 - 10:30 MEDITATION
12:00 TAI CHI - NEW!
6:00 - 7:30 WOMEN'S ACA
6:30 AL-ANON
7:00 - 8:00 JUST FOR TODAY NA

TUESDAY
5
OPEN 8:30-8

8:30 - 9:45 SLOW FLOW YOGA
10:00 - 10:30 MEDITATION
10:30 FITNESS FOR LIFE
12:00 WOMEN'S RECOVERY
5:00 BEYOND THE LABEL
6:00 LGBTQIA & FRIENDS AA
7:00 SUDA MEETING

WEDNESDAY
6
OPEN 9 - 5

8:30 SLOW FLOW YOGA
9:00 RECOVERY EDUCATION
10:00 - 10:30 MEDITATION
10:00 MEN'S RECOVERY - CARD MAKING
11:00 CREATIVE RECOVERY
3:30 TAI CHI - NEW!
7:00 - 8:30 LEARN TO COPE

THURSDAY
7
OPEN 8:30 - 9

8:30 - 9:45 RESTORATIVE YOGA
10:00 - 10:30 MEDITATION
11:00 CORE MEMBER MEETING
12:00 RECOVERY VALUES
2:00 AGING & THE TWELVE STEPS
6:00 - 7:30 WOMEN'S ACA
7:30 - 9:00 MEN'S NA

FRIDAY
8
OPEN 8:30 - 9

8:30 - 9:45 VINYASA YOGA
10:00 - 10:30 MEDITATION
10:30 MANY PATHS: RECOVERY LITERATURE
11:30 MUSIC WITH JOE!
1:45 - 3:00 MUSIC EXPLORATION
5:00 - 9:00 YOUNG PEOPLE'S HANGOUT
6:00 RECOVERY DHARMA
7:00 YOUNG PEOPLE'S AA
7:00 SUDA MEETING

SATURDAY
9
OPEN 9:30-1:30

10:00 - 10:30 MEDITATION
12:00 SOBER & FREE AA

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