



# CORE SCHEDULE



JULY 7<sup>TH</sup> - 12<sup>TH</sup>

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

( MEETINGS AND CLASSES ARE ONE HOUR LONG UNLESS OTHERWISE SPECIFIED! )

**MONDAY**

**7**

**OPEN 8:30 - 8**

8:30 RESTORATIVE YOGA  
10:00 MEDITATION  
12:00 TAI CHI - NEW!  
6:00 - 7:30 WOMEN'S ACA  
6:30 AL-ANON  
7:30 - 9:00 JUST FOR TODAY NA

**TUESDAY**

**8**

**OPEN 8:30-8**

8:30 - 9:45 SLOW FLOW YOGA  
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 MEETING

**WEDNESDAY**

**9**

**OPEN 9 - 5**

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

**THURSDAY**

**10**

**OPEN 8:30 - 9**

8:30 - 9:45 RESTORATIVE YOGA  
10:00 MEDITATION  
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**

**11**

**CENTER OPEN  
8:30 - 5:30**

**CRUISE 6-9!**

8:30 - 9:45 VINYASA YOGA  
10:00 MEDITATION  
10:30 MANY PATHS: RECOVERY LITERATURE  
11:00 EBT CHECKUP  
1:45 - 3:00 MUSIC EXPLORATION

**3:00 - 5:30 PRE-CRUISE FOOD AND GATHERING!  
6:00 - 9:00 CORE RECOVERY CRUISE!!**

**SATURDAY**

**12**

**OPEN 9:30-1:30**

10:00 MEDITATION  
12:00 SOBER & FREE AA

