



CORE SCHEDULE

SEPTEMBER 15TH - 20TH

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

MONDAY
15
OPEN 8:30-8

8:30 RESTORATIVE YOGA
10:00 - 10:30 MEDITATION
10:30 COME AS YOU ARE: PEER GRIEF SUPPORT
12:00 FIVE CIRCLES TAI CHI GROUP
6:00 - 7:30 WOMEN'S ACA
6:30 AL-ANON
7:00 JUST FOR TODAY NA

TUESDAY
16
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
17
OPEN 9 - 5

8:30 SLOW FLOW YOGA
9:00 RECOVERY EDUCATION
10:00 - 10:30 MEDITATION
10:00 MEN'S RECOVERY
11:00 CREATIVE RECOVERY
3:30 FIVE CIRCLES TAI CHI GROUP
7:00 - 8:30 LEARN TO COPE (ZOOM)

THURSDAY
18
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
19
OPEN 8:30 - 9

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

SATURDAY
20
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 :)