

EXPONENTS

Improving health. Igniting hope.

Judith Loeb Chiara

Recovery & Wellness Center

OCTOBER, 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|
| | <p>1. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute</p> | <p>2. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer</p> | <p>3. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Bingo Night</p> | <p>4. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 1:00p – Jewelry Making 2:00p - Recovery Group</p> | <p>5. 1:00pm – NA’S 66th Birthday bash Speaker Jam. 101-103 PITT Street Our Lady of Sorrows Church NY, NY 10002</p> |
| <p>7. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer</p> | <p>8. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 1:00pm Recovery Wellness Center Grand Opening</p> | <p>9. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer</p> | <p>10. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Open Mic.</p> | <p>11. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Art Therapy 2:00p - Recovery Group</p> | <p>12. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Socialization Activities</p> |
| <p>14. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer</p> | <p>15. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute</p> | <p>16. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer</p> | <p>17. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Recovery Night</p> | <p>18. 10:00a – Breakfast Club 11:00am – Emma L. Bowen Community Service Center 145th Street and Amsterdam NY, NY Community Health Fair</p> | <p>19. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Socialization Activities</p> |

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|--|--|---|--|--|--|
| <p>21. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer</p> | <p>22. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute</p> | <p>23. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer</p> | <p>24. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Game Night</p> | <p>25. 10:00a – Breakfast Club 11:00am – Emma L. Bowen Community Service Center 145th Street and Amsterdam NY, NY Community Health Fair</p> | <p>26. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Socialization Activities</p> |
| <p>28. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer</p> | <p>29. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute</p> | <p>30. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer</p> | <p>31. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Halloween Dance</p> | | |



* For more information contact Robert Gerlich at 212 – 243 - 3434, ext. 348, Danielle Williams ext. 355 or Cristal Fraizer ext. 359. You can also follow us on Facebook & Twitter.

* One on One Recovery Coaching Also Available!