

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Book Club 3:30p – Computer Lab 5:00 – 6:00pm Powerless</p>	<p>2. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Living Today</p>	<p>3. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Open Discussion 1:00 – 2:15pm Jerwely Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm Miracle Happens</p>	<p>4. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Acceptances</p>	<p>5. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Goodwill</p>	<p>6. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group</p>
<p>8. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Trust</p>	<p>9. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Learning how to live again</p>	<p>10. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 1:00 – 2:15pm Jerwely Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm The First Step</p>	<p>11. Veterans Day Closed</p>	<p>12. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00–2:15pm 1:00 – 2:00pm Prep & HIV Testing Seminar 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00p-6:00pm The simple inventory</p>	<p>13. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</p>
<p>15. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Make the call</p>	<p>16. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion Group 5:00 – 6:00pm Forgiveness</p>	<p>17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 3:00pm Thanksgiving Luncheon 2:15 – 3:15pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Fears</p>	<p>18. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Surrender to Win</p>	<p>19. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Creating Writing 2:30 – 3:30pm Recovery Group 3:30 – 5:00pm Computer Lab 5:00 – 6:00pm Faith</p>	<p>20. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group</p>

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22. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Book Club 3:30p – Computer Lab 5:00 – 6:00pm Recovery at Home	23. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Our greatest need	24. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Vision Team Meeting 2:15 – 3:15pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Growing up	25. Closed Thanksgiving Day	26. Closed	27. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Open Discussion
29. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Recovery	30. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Vigilance				



- One on One Recovery Coaching Also Available!
 - For more information you can call: 212 -243 - 3434 ext. 425 or You can also follow us on Facebook & Twitter.
 - If you want to talk someone about any challenges related to Drugs or Alcohol give us a call at 917-681-8531 confidential discreet 24hrs/7 days a week.
 - Virtual Groups via Zoom Monday thru Saturday 12:00pm and 5:00pm (more information call 917-681-8531)
- RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212- 243 - 3434 ext.425