



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>LL – Lower Level CR- Courage's Room SR- Sun Room R – Reiki M- Music Room OS – outside SE – Special Events</p>			<p>1 5:00-6:00pm New Year's Bash Planning Committee 6:30pm Your TURNing Point Fire Pit Meeting</p>	<p>2</p>	<p>3 9:00 – 10:00a Steps 1-3 workshop (Full) 9:30 Reiki with Mari 10:30 Navigating Through 12:00 – Corn Hole</p>	<p>4</p>
<p>5 Yoga for recovery w/ Sarah B. 6:45 – 7:45p</p>	<p>6 12pm Community Meeting 1:30p Orientation w/Carolyn 6:30-8pm Family Recovery Support MOAR Holiday Party 6- 8p</p>	<p>7 12pm Wellness Wednesdays 1:00 – 3:30p Reiki with Ruthie 7pm YP AA Fire Pit Meeting</p>	<p>8 5:00-6:00pm New Year's Bash Planning Committee 6:30pm Your TURNing Point Fire Pit Meeting</p>	<p>9 La Salette Shrine Festival of Lights 6-8pm</p>	<p>10 9:00 – 10:00a Steps 1-3 workshop (Full) 10:30 Navigating Through 12:00 – Corn Hole Inclusive- Hair Drive Baskets 4:00p</p>	<p>11</p>
<p>12 5:30-6:30pm Common Ground Book "My Grandfathers Blessings" Yoga for recovery w/ Sarah B. 6:45 – 7:45p</p>	<p>13 12pm Community Meeting 6:00p –8:00 Recovery Cooking 101 with Dan B 6:30-8pm Family Recovery Support</p>	<p>14 12pm Wellness Wednesdays 6pm Pranayama Breathing & Gong Bath 7pm YP AA Fire Pit Meeting</p>	<p>15 6:30pm Your TURNing Point Fire Pit Meeting </p>	<p>16</p>	<p>17 9:00– 10:00a Steps 1-3 workshop (Full) 9:30 Reiki with Mari 10:30 Navigating Through 12:00 – Corn Hole Championship!</p>	<p>18</p>
<p>19 Yoga for recovery w/ Sarah B. 6:45 – 7:45p</p>	<p>20 12pm Community Meeting 6:30-8pm Family Recovery Support</p>	<p>21 12pm Wellness Wednesdays 1:00 – 3:30p Reiki with Ruthie 7pm YP AA Fire Pit Meeting</p>	<p>22 Intellectual Wellness Workshop 5:30–6:30p 6:30pm Your TURNing Point Fire Pit Meeting</p>	<p>23 6:00-8:30p Spirited Movie Night!</p>	<p>24 9:00 – 10:00a Steps 1-3 workshop (Full) 10:30 Navigating Through</p>	<p>25 </p>
<p>26 Closed for Christmas</p>	<p>27 12pm Community Meeting 6:00p –8:00 Recovery Cooking 101 with Dan B 6:30-8pm Family Recovery Support</p>	<p>28 12pm Wellness Wednesdays 7pm YP AA Fire Pit Meeting</p>	<p>29 6:30pm Your TURNing Point Fire Pit Meeting</p>	<p>30</p>	<p>31 9:00 – 10:00a Steps 1-3 workshop (Full) 10:30 Navigating Through New Year's Eve Bash</p>	<p></p>



Recovery Cooking 101 - Cooking with Dan to learn Simple healthy (low budget) meals

Community Meeting- an open meeting to the Community where we embrace your thoughts, ideas, questions or concerns regarding all recovery and wellness needs. We discuss outreach and volunteer opportunities as they come up. Zoom ID:5086683960

Family Recovery Support (In-Person Only) - Our family support group will offer a confidential, supportive, and respectful space to share our experiences, strength, and hope when it comes to coping with our loved one's addiction. This group is offered in-person only.

Intellectual Wellness- recognizes creative abilities and encourages us to find ways to expand our knowledge and skills. Intellectual wellness can be developed through personal and professional development, cultural involvement, community involvement and personal hobbies.

YP AA Fire Pit Meeting- Alcoholic Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Common Ground Book Club- This month's book is My Grandfather's Blessings which can be picked up at your local library. Please read book prior to meeting.

Reiki w/ Ruthie and Mari- 30 Minute Reiki sessions! Reiki is a Japanese energy healing technique that promotes relaxation, reduces stress, and anxiety through gentle touch.

Wellness Wednesdays Recovery Support Group (hybrid) - Join us Wednesdays at noon where we'll discussing recovery related wellness topics such as The 8 Dimensions of Wellness, how Wellness may play apart in your own Recovery journey, and what Wellness practices have you found that work best.

Your TURNing Point Recovery Support Meeting (In-Person Only)- This meeting is for anyone striving for recovery no matter what the specific substance may be. Each meeting, we have 3 topics to choose from, followed by a reading and discussion format in hopes everyone gets a TURN to share on the topic or whatever is on your mind at the time.

Navigating Through... (In-Person Only)- Life in Recovery can be challenging at times, but if we break it down and focus on what's in front of us (one thing at a time) it can be less overwhelming. Sometimes just sharing out loud helps us to Navigate through...whatever seems to be weighing us down at the moment.

Member Orientation w/ Carolyn- Come in person! Learn about how your Center runs, stay up to date as we grow, how to become a facilitator, Volunteer positions, membership opportunities, get involved with the advisory board, and so much more!

Pranayama Breathing & Gong Bath – working with different Pranayama techniques and using the gong to facilitate a deep state of relaxation and integration will help group participants find inner peace, reduce stress, anxiety and increase circulation and energy levels.

Building your Higher Power: steps 1-3 This workshop helps you to ask and answer questions that are vital to understanding the path of your recovery ahead by helping you learn the first 3 steps to AA's 12 step program that will be ready to apply and reapply them to your life.

Living with yourself: steps 4-7 This workshop will help you to better know and live at peace, with yourself. We will simplify the process, especially steps 4 & 5 with exercises that support recovery through this challenging piece. It provides a good foundation for character defects.

Living with others steps 8-12 – This workshop will take you through the last 5 steps of AA's 12 step program. The workbook will help you to understand key concepts like harmony of working a daily spiritual program through making amends, continuing to take personal inventory practicing prayer and meditation and carrying the message of spiritual awakening to others.