**SEPTEMBER 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 2 | 3 | 4 | 5 | 6 | 7 |
| **CLOSED LABOR DAY**  **NA Meeting**  6:30- 8:00PM | **Acupressure**  1:00PM-3:00PM  **Tai Chi / Meditation**  1:00PM-3:00PM | **Mixed Martial Movement**  1:00PM-2:00PM  **Acupressure**  3:00PM-5:00PM  **Women's NA Meeting**  6:00PM-8:00PM | **Meditation**  1:00PM-2:00PM  **Deep Meditation (Cancelled for today only)**  5:30-6:30  **ACOA: Clean Scene**  6:30PM-7:45PM | **Acupressure**  11:00AM-2:00PM  **Bereavement Group**  3:30PM-5:00PM  **Women’s AA Meeting**  6:00PM-7:30PM  **Recovery Dharma NYC**  6:30PM-7:30PM  **NA Meeting**  11:00PM-12:30AM | **Batter’s Accountability\*\*** 9:30AM-11:00AM  **DV Accountability\*\***  **(Cancelled for today only)**  10:00AM-11:00AM  **Mindfulness Yoga**  11:00AM-12:00PM  **Afro Fusion Dance**  1:00PM-2:00PM  **Acupressure**  1:00PM-3:00PM  **NA Meeting**  11:00PM-12:30AM |
| 9 | 10 | 11 | 12 | 13 | 14 |
| **Family Yoga**  11:30AM-12:30PM  **Mindfulness Meditation**  1:00PM- 2:00PM  **Pilates**  3:00PM-4:00PM  **Acupressure**  3:00PM-5:00PM  **NA Meeting**  6:30PM - 8:00PM | **Acupressure**  1:00PM-3:00PM  **Tai Chi / Meditation**  1:00PM-3:00PM | **Mixed Martial Movement**  1:00PM-2:00PM  **Acupressure**  3:00PM-5:00PM  **Women's NA Meeting**  6:00PM-8:00PM | **Meditation**  1:00PM-2:00PM  **Deep Meditation**  5:30-6:30  **ACOA: Clean Scene**  6:30PM-7:45PM | **Acupressure**  11:00AM-2:00PM  **Bereavement Group**  3:30PM-5:00PM  **Women’s AA Meeting**  6:00PM-7:30PM  **Recovery Dharma NYC**  6:30PM-7:30PM  **NA Meeting**  11:00PM-12:30AM | **Batter’s Accountability\*\*** 9:30AM-11:00AM  **DV Accountability\*\***  10:00AM-11:00AM  **Mindfulness Yoga**  11:00AM-12:00PM  **DV Prevention**  12:00PM-1:30PM  **Acupressure**  1:00PM-3:00PM  **NA Meeting**  11:00PM-12:30AM |
| 16 | 17 | 18 | 19 | 20 | 21  **Batter’s Accountability\*\*** 9:30AM-11:00AM |
| **Family Yoga**  11:30AM-12:30PM  **Mindfulness Meditation**  1:00PM- 2:00PM  **Pilates**  3:00PM-4:00PM  **Acupressure**  3:00PM-5:00PM  **NA Meeting**  6:30PM - 8:00PM | **Acupressure**  1:00PM-3:00PM  **Tai Chi / Meditation**  1:00PM-3:00PM | **Mixed Martial Movement**  1:00PM-2:00PM  **Acupressure**  3:00PM-5:00PM  **Women's NA Meeting**  6:00PM-8:00PM | **Meditation**  1:00PM-2:00PM  **Deep Meditation**  5:30PM-6:30PM  **ACOA: Clean Scene**  6:30PM-7:45PM | **Acupressure**  11:00AM-2:00PM  **Bereavement Group**  3:30PM-5:00PM  **Women’s AA Meeting**  6:00PM-7:30PM  **Recovery Dharma NYC**  6:30PM-7:30PM  **NA Meeting**  11:00PM-12:30AM | **DV Accountability\*\***  10:00AM-11:00AM  **Mindfulness Yoga**  11:00AM-12:00PM  **Acupressure**  1:00PM-3:00PM  **NA Meeting**  11:00PM-12:30AM |
| **23** | 24 | 25 | 26 | 27 | 28 |
| **Family Yoga**  11:30AM-12:30PM  **Mindfulness Meditation**  1:00PM- 2:00PM  **Pilates**  3:00PM-4:00PM  **Acupressure**  3:00PM-5:00PM  **NA Meeting**  6:30PM - 8:00PM | **Acupressure**  1:00PM-3:00PM  **Tai Chi / Meditation**  1:00PM-3:00PM | **Mixed Martial Movement**  1:00PM-2:00PM  **Acupressure**  3:00PM-5:00PM  **Women's NA Meeting**  6:00PM-8:00PM | **Meditation**  1:00PM-2:00PM  **Deep Meditation**  **5:30PM – 6:30PM**  **ACOA: Clean Scene**  6:30PM-7:45PM | **Acupressure**  11:00AM-2:00PM  **Bereavement Group**  3:30PM-5:00PM  **Women’s AA Meeting**  6:00PM-7:30PM  **Recovery Dharma NYC**  6:30PM-7:30PM  **NA Meeting**  11:00PM-12:30AM | **Batter’s Accountability\*\*** 9:30AM-11:00AM  **DV Accountability\*\***  10:00AM-11:00AM  **Mindfulness Yoga**  11:00AM-12:00PM  **Acupressure**  1:00PM-3:00PM  **NA Meeting**  11:00PM-12:30AM |
| 30 |  |  |  |  |  |
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