**SEPTEMBER 2019**

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| --- | --- | --- | --- | --- | --- |
| 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 |
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| 30 |  |  |  |  |  |
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