SUN	Mon	Tue	Wed	Thu	Fri	SAT
1	2 Nov/Dec Birthday Cards & Coffee 10am Recovery Center Walking Group 2pm H&WS Bristol Field House	3 Coffee & Chat 10am FLX Visitor Center Decorate for Next Holiday 1pm Recovery Center	4 Friendsgiving Luncheon 11:30am-1:30pm CSS Boardroom RSVP by 11/2 Limit 20	5 Fitness Group 10am NE College of Health Sciences Fitness Center & Pool Pool Schedule Subject to Staff Craft w. Heather 2pm Recovery Center RSVP by 11/3 Limit 7	6 Open Art 10am Recovery Center Walking Group 2pm H&WS Bristol Field House	7
8	9 Grocery Shopping 10am Canandaigua Area	10 Coffee & New Member Orientation 10am Recovery Center Sauder's Run 1pm Seneca Falls	11 Walking Group **11am** H&WS Bristol Field House Zen Monkey 2pm Recovery Center	12 Holiday Shopping 10am Waterloo Outlets & Canandaigua Plazas	13 Open Art 10am Recovery Center One O'clock Coffee Break & Monthly Planning Meeting Recovery Center	14
15	16 Meditative Coloring & Coffee 10am Recovery Center Walking Group 2pm H&WS Bristol Field House	17 Coffee & Chat 10am FLX Visitor Center & Stop at Center of Concern on the way home 11:30am Craft w. Polly 2pm Recovery Center RSVP by 11/10 Limit 7	18 Walking Group 10am H&WS Bristol Field House Card Games 2pm Recovery Center	19 Fitness Group 10am NE College of Health Sciences Fitness Center & Pool Pool Schedule Subject to Staff Simple Crochet 2pm Recovery Center RSVP by 11/12 Limit 7	20 Open Art 10am Recovery Center Friday Funday & Birthday Movie 1pm Recovery Center	21
22	23 Meditation & Coffee w. Scotty 10am Recovery Center Walking Group 2pm H&WS Bristol Field House	24 Coffee & New Member Orientation 10am Recovery Center DIY Holiday Cards 1pm Recovery Center RSVP by 11/20 Limit 7	25 Walking Group 10am H&WS Bristol Field House Craft w. Kaye 1:30pm Recovery Center RSVP by 11/17 Limit 7 CLOSE 3pm	26 Closed	27 Closed	28
29	30 Meditative Coloring & Coffee 10am Recovery Center Walking Group 2pm H&WS Bristol Field House	**Please be sure to sign-up by RSVP dates & be mindful of seating and / or supply limits.**			**Staff Contact Information** **Polly: Desk 315.787.0458** **Cell 315.835.1500** **Kaye: Desk 315.787.0459** **Cell 315.835.1621** **Heather: 315.332.6074**	


DAYLIGHT SAVING
TIME ENDS
NOVEMBER 1ST
TIME TO....
TURN YOUR CLOCKS BACK ONE HOUR
&
TEST YOUR SMOKE/CO2 DETECTORS


Lakeview
Health Services
Recovery Center
Fitness
Opportunities
Check Calendar for Dates, Times, & Locations
Hobart & William Smith
Bristol Field House
Northeast
College of Health Sciences
Pool & Fitness Center


Lakeview
Health Services
Recovery Center
Friendsgiving
Luncheon
11:30am-1:30pm
Wednesday, November 4th
RSVP by 11.2.26
CSS Boardroom Geneva
Polly 315.787.0458 | Kaye 315.787.0459
Heather 315.332.6074


Lakeview
Health Services
Recovery Center
HOLIDAY CRAFTING
Check Calendar for
Dates & Times


Lakeview
Health Services
Recovery Center
Grocery Shopping Runs
Canadaigua Area November 9th
Sauder's November 10th


Lakeview
Health Services
Recovery Center
HOLIDAY
Shopping
NOVEMBER 12TH
WATERLOO OUTLETS &
CANADAIGUA PLAZAS


Lakeview
Health Services
Recovery Center
Recovery Center
Monthly Calendar
Planning Meeting
1:30pm
Second Friday of the Month
Attend In-Person or Virtually
Recovery Center & Teams
Polly 315.787.0458 | Kaye 315.787.0459 | Heather 315.332.6074


Lakeview
Health Services
Recovery Center
The Recovery Center will be
closed on Thursday & Friday,
November 26 & 27
in observance of
Thanksgiving
Happy Thanksgiving