


January 2023 in Person at Vancouver Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12:30pm - AA	2 10am Soul Stretch Yoga 12:30pm AA	3 10am Soul Stretch Yoga 12:30pm AA 5:30pm All Addictions 12 step meeting	4 10am Soul Stretch Yoga 12:30pm AA 6pm-7:30pm - SMART for Friends & Family	5 10am Soul Stretch Yoga 12:30pm AA 6pm-8pm Games Night 7pm AA for Agnostics	6 10am Soul Stretch Yoga 12:30pm AA	7 12:30pm - AA
8 12:30pm - AA	9 10am Soul Stretch Yoga 12:30pm AA	10 10am Soul Stretch Yoga 12:30pm AA 5:30pm All Addictions 12 step meeting	11 10am Soul Stretch Yoga 12:30pm AA 6pm-7:30pm - SMART for Friends & Family	12 10am Soul Stretch Yoga 12:30pm AA 6pm-8pm Games Night 7pm AA for Agnostics	13 10am Soul Stretch Yoga 12:30pm AA	14 12:30pm - AA
15 12:30pm - AA	16 10am Soul Stretch Yoga 12:30pm AA	17 10am Soul Stretch Yoga 12:30pm AA 5:30pm All Addictions 12 step meeting	18 10am Soul Stretch Yoga 12:30pm AA 6pm-7:30pm - SMART for Friends & Family	19 10am Soul Stretch Yoga 12:30pm AA 6pm-8pm Games Night 7pm AA for Agnostics	20 10am Soul Stretch Yoga 12:30pm AA	21 12:30pm - AA
22 12:30pm AA	23 10am Soul Stretch Yoga 12:30pm AA	24 10am Soul Stretch Yoga 12:30pm AA 5:30pm All Addictions 12 step meeting 6:30pm KARAOKE	25 10am Soul Stretch Yoga 12:30pm AA 6pm-7:30pm - SMART for Friends & Family	26 10am Soul Stretch Yoga 12:30pm AA 6pm-8pm Games Night 7pm AA for Agnostics	326 10am Soul Stretch Yoga 12:30pm AA	28 12:30pm - AA
29 12:30pm - AA	30 10am Soul Stretch Yoga 12:30pm AA	31 10am Soul Stretch Yoga 12:30pm AA 5:30pm All Addictions 12 step meeting		Centre Hours Monday 10am – 4pm Tuesday 10am – 9pm Wednesday 10am – 4pm Thursday 10am – 9pm Friday 10am – 4pm Saturday 10am – 4pm Sunday 10am – 4pm	 avalonrecovery.org	

“Sometimes the bravest and most important thing you can do is just show up.” Brené Brown