


July 2024

IN PERSON AT AVALON WOMEN'S CENTRE NORTH SHORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>YOGA is Back August 1st</p>		<p>Centre hours: Monday: 10:00 am-3:00 pm Tuesday : 10:00 am – 3:00 pm Wednesday: 10:00 am – 8:00 pm Thursday 10:00 am- 3:00 pm Friday: 10:00 am – 8:00 pm Saturday and Sunday: 10:00am – 2:00 pm</p>		<p>As our schedule sometimes changes, please visit our website for up-to-date information avalonrecovery.org/schedule</p>		
	1 12:15pm – AA	2 10:00 AM- AA-NEW 12:15pm - AA	3 12:15pm – AA 5:45pm – SMART Recovery	4 12:15pm - AA	5 10:00 AM- ALANON 12:15pm – AA 5:00pm- AA Happy Hour 7:00pm – CODA	6 10:30am – Big Book 12:15pm – AA
7 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm – AA	8 12:15pm – AA	9 10:00 AM- AA-NEW 12:15pm - AA	10 12:15pm – AA 5:45pm – SMART Recovery	11 12:15pm - AA	12 10:00 AM- ALANON 12:15pm – AA 5:00pm- AA Happy Hour 7:00pm – CODA	13 10:30am – Big Book 12:15pm – AA
14 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm – AA	15 12:15pm – AA Acupuncture- 11:00 AM	16 10:00 AM- AA-NEW 12:15pm - AA	17 12:15pm – AA 5:45pm – SMART Recovery	18 12:15pm - AA	19 10:00 AM- ALANON 12:15pm – AA 5:00pm- AA Happy Hour 7:00pm – CODA FUNDRAISER- CASA MIA 7:00pm- 9:00 pm	20 10:30am – Big Book 12:15pm – AA
21 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm - AA	22 12:15pm – AA	23 10:00 AM- AA-NEW 12:15pm - AA	24 12:15pm – AA 5:45pm – SMART Recovery	25 12:15pm - AA	26 10:00 AM- ALANON 12:15pm – AA 5:00pm - AA Happy Hour 7:00pm – CODA	27 10:30am – Big Book 12:15pm – AA
28 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm - AA	29 12:15pm – AA	30 10:00 AM- AA-NEW 12:15pm - AA	31 12:15pm – AA 5:45pm – SMART Recovery			