

September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				<div>10AM - 10:50 - Chair Yoga</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 11:50 - Yin Yoga</div> <div>12PM - Recovery Story</div> <div>2:30PM - 3:30 - Writing Group</div> <div>3PM - 4:00 - Sound Healing</div> <div>5PM - 7 - Guitar Circle</div>	<div>11AM - Diamond Arts</div> <div>Jammin w/ the Cafe</div>
4	5	6	7	8	9
	<div>10AM - Walking with Recovery</div> <div>2PM - Drop The Rock Book Club</div> <div>4PM - 5 - DRA</div> <div>5PM-5:30 - Meditation</div>	<div>9AM - 9:50 - Intermediate Yoga</div> <div>10:30AM - 11:00 - Meditation</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 12:00 - Book Club</div> <div>2PM - 3:45 - Healing Arts - Open Arts</div> <div>4pm-5:30 - Circle of Hope</div> <div>4:30PM - 5:15 - Lovingkindness Meditation</div> <div>6PM - Criminals Anonymous</div>	<div>10AM - Walking with Recovery</div> <div>11AM - 12:30 - Book Club</div> <div>2pm - 3:45 - The Circle of Destiny</div>	<div>10AM - 10:50 - Chair Yoga</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 11:50 - Yin Yoga</div> <div>* 2:30-3:30 - Spanish Class</div> <div>3PM - 4 - Sound Healing</div> <div>5PM - 7 - Guitar Circle</div>	<div>11AM - Diamond Arts</div> <div>Jammin w/ the Cafe</div>
* <div>Hike for Recovery</div> <div>10 AM - 4:30 PM</div> <div>Vancouver Lake</div>	11	12	13	14	15
	<div>10AM - Walking with Recovery</div> <div>2PM - Drop The Rock Book Club</div> <div>4PM - 5 - DRA</div> <div>5PM - 5:30 - Meditation</div>	<div>9AM - 9:50 - Intermediate Yoga</div> <div>10:30AM - 11:00 - Meditation</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 12:00 - Book Club</div> <div>2PM - 3:45 - Healing Arts - Dream Catchers Pt. 2</div> <div>4pm-5:30 - Circle of Hope</div> <div>4:30PM - 5:15 - Lovingkindness Meditation</div> <div>6PM - Criminals Anonymous</div>	<div>10AM - Walking with Recovery</div> <div>11AM - 12:30 - Book Club</div> <div>2pm - 3:45 - The Circle of Destiny</div>	<div>10AM - 10:50 - Chair Yoga</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 11:50 - Yin Yoga</div> <div>2:30PM - 3:30 - Writing Group</div> <div>3PM - 4 - Sound Healing - Singing bowls w/Jason</div> <div>5PM - 7 - Guitar Circle</div>	<div>11AM - Diamond Arts</div> <div>Jammin w/ the Cafe</div>
	18	19	20	21	22
	<div>10AM - Walking with Recovery</div> <div>2PM - Drop The Rock Book Club</div> <div>2PM - 3 Healthy Living - Reduce your stress</div> <div>4PM - 5 - DRA</div> <div>5PM - 5:30 - Meditation</div>	<div>9AM - 9:50 - Intermediate Yoga</div> <div>10:30AM - 11:00 - Meditation</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>2PM - 3:45 - Healing Arts - Sketching</div> <div>4pm-5:30 - Circle of Hope</div> <div>4:30PM - 5:15 - Lovingkindness Meditation</div> <div>6PM - Criminals Anonymous</div>	<div>10AM - Walking with Recovery</div> <div>2pm - 3:45 - The Circle of Destiny</div>	<div>10AM - 10:50 - Chair Yoga</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 11:50 - Yin Yoga</div> <div>* 2:30-3:30 - Spanish Class</div> <div>3PM - 4 - Sound Healing</div>	<div>11AM - Diamond Arts</div> <div>Jammin w/ the Cafe</div>
<div>hello FALL</div>	25	26	27	28	29
	<div>10AM - Walking with Recovery</div> <div>2PM - Drop The Rock Book Club</div> <div>4PM - 5 - DRA</div> <div>5PM - 5:30 - Meditation</div>	<div>9AM - 9:50 - Intermediate Yoga</div> <div>10:30AM - 11:00 - Meditation</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 12:00 - Book Club</div> <div>2PM - 3:45 - Healing Arts - Ocean Painting pt. 2</div> <div>4pm-5:30 - Circle of Hope</div> <div>4:30PM - 5:15 - Lovingkindness Meditation</div> <div>6PM - Criminals Anonymous</div>	<div>10AM - Walking with Recovery</div> <div>11AM - 12:30 - Book Club</div> <div>2pm - 3:45 - The Circle of Destiny</div>	<div>10AM - 10:50 - Chair Yoga</div> <div>10:30 - 11:30 - Recovery Clean -up</div> <div>11AM - 11:50 -Yin Yoga</div> <div>3PM - 4 - Sound Healing</div> <div>* 5PM - 7 - Family Fun Night</div>	30

* Sign up recommended for head count

Recovery Cafe Clark County
3312 E Fourth Plain Blvd, Vancouver, WA 98661

* Sign up recommended for head count