

November 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>1</p> <p>9AM - 9:50 - Intermediate Yoga</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 12:00 - Book Club -Loving What Is</p> <p>2PM - 3:45 - Healing Arts - Open arts</p> <p>4pm-5:30 - Circle of Hope</p>	<p>2</p> <p>10AM - Walking with Recovery.</p> <p>10:30AM - 12:00 - Book Club - Non Violent Communication</p> <p>2pm - 3:45 - The Circle of Destiny</p>	<p>3</p> <p>10AM - 10:50 - Yin Yoga</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 11:50 - Chair Yoga</p> <p>12PM - Recovery Story</p> <p>2:30PM - 3:30 - Writing Group</p> <p>3PM - 4:00 - Sound Healing</p> <p>* 3:30-5:30 Serve Safe</p>	<p>4</p> <p>11AM - Diamond Arts</p> <p>Jammin w/ the Cafe</p>
<p>6</p>	<p>7</p> <p>10AM - Walking with Recovery.</p> <p>2PM - Drop The Rock Book Club</p> <p>2PM - 3 - Healthy Living - Prioritizing yourself</p> <p>4PM - 5 - DRA</p> <p>5PM-5:30 - Meditation</p>	<p>8</p> <p>9AM - 9:50 - Intermediate Yoga</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 12:00 - Book Club -Loving What Is</p> <p>2PM - 3:45 - Healing Arts - Turkeys</p> <p>4pm-5:30 - Circle of Hope</p> <p>4PM-5 - Heart Based Meditation #1</p>	<p>9</p> <p>10AM - Walking with Recovery.</p> <p>10:30AM - 12:00 - Book Club - Non Violent Communication</p> <p>2pm - 3:45 - The Circle of Destiny.</p>	<p>10</p> <p>10AM - 10:50 - Yin Yoga</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 11:50 - Chair Yoga</p> <p>* 2:30-3:30 - Spanish Class</p> <p>3PM - 4 - Sound Healing</p> <p>* 3:30-5:30 Serve Safe</p> <p>5PM - 7 - Guitar Circle</p>	<p>11</p> <p>11AM - Diamond Arts</p> <p>Jammin w/ the Cafe</p>
<p>13</p> <p>* <u>Hike for Recovery</u></p> <p>10 AM - 4:30 PM</p> <p>Vancouver Lake</p>	<p>14</p> <p>10AM - Walking with Recovery.</p> <p>2PM - Drop The Rock Book Club</p> <p>4PM - 5 - DRA</p> <p>5PM - 5:30 - Meditation</p>	<p>15</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 12:00 - Book Club - Loving What Is</p> <p>2PM - 3:45 - Healing Arts - Folded book tea candles</p> <p>4pm-5:30 - Circle of Hope</p> <p>4:30PM - 5:15 - Lovingkindness Meditation</p> <p>4PM-5 - Heart Based Meditation #2</p>	<p>16</p> <p>10AM - Walking with Recovery.</p> <p>10:30AM - 12:00 - Book Club - Non Violent Communication</p> <p>10:30 - 11:30 - Life Skills</p>	<p>17</p> <p>10AM - 10:50 - Yin Yoga</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 11:50 - Chair Yoga</p> <p>2:30PM - 3:30 - Writing Group</p> <p>3PM - 4 - Sound Healing</p> <p>* 3:30-5:30 Serve Safe</p> <p>5PM - 7 - Guitar Circle</p>	<p>18</p> <p>11AM - Diamond Arts</p> <p>Jammin w/ the Cafe</p>
<p>20</p>  <p>Recovery Café Clark County SCHOOL FOR RECOVERY</p>	<p>21</p> <p>10AM - Walking with Recovery.</p> <p>2PM - Drop The Rock Book Club</p> <p>2PM - 3 Healthy Living - The importance of social connection</p> <p>4PM - 5 - DRA</p> <p>5PM - 5:30 - Meditation</p>	<p>22</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 12:00 - Book Club -Loving What Is</p> <p>2PM - 3:45 - Healing Arts - Open arts</p> <p>4pm-5:30 - Circle of Hope</p> <p>4:30PM - 5:15 - Lovingkindness Meditation</p> <p>4PM-5 - Heart Based Meditation #3</p>	<p>23</p>  <p>Happy Thanksgiving</p> <p>10AM - Walking with Recovery.</p> <p>10:30AM - 12:00 - Book Club - Non Violent Communication</p>	<p>24</p> <p>10AM - 10:50 - Yin Yoga</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>11AM - 11:50 - Chair Yoga</p> <p>* 2:30-3:30 - Spanish Class</p> <p>3PM - 4 - Sound Healing</p> <p>5PM-7pm - Family Fun Night</p>	<p>25</p> <p>11AM - Diamond Arts</p> <p>Jammin w/ the Cafe</p>
<p>27</p>	<p>28</p> <p>10AM - Walking with Recovery.</p> <p>2PM - Drop The Rock Book Club</p> <p>4PM - 5 - DRA</p> <p>5PM - 5:30 - Meditation</p>	<p>29</p> <p>9AM - 9:50 - Intermediate Yoga</p> <p>10:30 - 11:30 - Recovery Clean-up</p> <p>2PM - 3:45 - Healing Arts - Magnets</p> <p>4pm-5:30 - Circle of Hope</p> <p>4:30PM - 5:15 - Lovingkindness Meditation</p>	<p>30</p> <p>10AM - Walking with Recovery.</p> <p>10:30AM - 12:00 - Book Club - Non Violent Communication</p> <p>2pm - 3:45 - The Circle of Destiny.</p>		

* Sign up recommended for head count

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

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