

FEBRUARY 2026



The Recovery Exchange
PEER RECOVERY CENTER
Hosted By Spectrum Health Systems



35 Exchange St.
Lynn, MA 01901
(339) 499-5871

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 12:30PM ADVISORY BOARD 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA	2 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING	3 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 1PM DRUM CIRCLE 2:30PM ALL RECOVERY MEETING 5:30PM PILATES 6:30PM FREE MEDITATION	4 9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	5 9:30AM DAILY INSPIRATION 11AM PEER TRAINING 11AM LIFE RECOVERY 1PM QI GROUP 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA	6 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY
8 6pm Sober Super Bowl Party! 	9 9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 1PM EQUITY EMPOWERMENT 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA	10 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING 2:30PM MEN'S ORIENTATION GROUP	11 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION	12 9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 12PM SUBCOMMITTEE MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	13 9:30AM DAILY INSPIRATION 11AM PEER TRAINING 11AM LIFE RECOVERY 12:30pm Valentine's Ice Cream Sundaes 1PM CAPRSS (STAFF) 2:30PM ALL RECOVERY MEETING 2:30PM WOMEN'S ORIENTATION GROUP 6PM FEEL THE FREEDOM NA	14 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY 
15 	16 9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA	17 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING	18 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 1PM DRUM CIRCLE 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION	19 9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	20 9:30AM DAILY INSPIRATION 11AM PEER TRAINING 11AM LIFE RECOVERY 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA	21 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY
22 	23 9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA	24 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING	25 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION	26 9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 12PM SUBCOMMITTEE MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	27 9:30AM DAILY INSPIRATION 11AM PEER TRAINING 11AM LIFE RECOVERY 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA	28 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY