

# 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
<p>1</p>	<p>2</p> <p>9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 12:30PM ADVISORY BOARD 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA</p>	<p>3</p> <p>9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING</p>	<p>6</p> <p>9:30AM DAILY INSPIRATION 11AM PEER TRAINING 11AM LIFE RECOVERY 1PM QI GROUP 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA</p>	<p>7</p> <p>9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY</p>
<p>8</p> <p>6pm Sober Super Bowl Party!</p>	<p>9</p> <p>9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 1PM EQUITY EMPOWERMENT 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA</p>	<p>10</p> <p>9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING 2:30PM MEN'S ORIENTATION GROUP</p>	<p>11</p> <p>9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION</p>	<p>12</p> <p>9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 12PM SUBCOMMITTEE MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY</p>
<p>15</p> <p>I LOVE you</p>	<p>16</p> <p>9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA</p>	<p>17</p> <p>9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING</p>	<p>18</p> <p>9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 1PM DRUM CIRCLE 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION</p>	<p>19</p> <p>9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING</p>	<p>20</p> <p>9:30AM DAILY INSPIRATION 11AM PEER TRAINING 11AM LIFE RECOVERY 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA</p>	<p>21</p> <p>9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY</p>
<p>22</p>	<p>23</p> <p>9:30AM DAILY INSPIRATION 11AM WOMEN'S MEETING 2:30PM ALL RECOVERY MEETING 6PM RECOVERY DHARMA</p>	<p>24</p> <p>9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING</p>	<p>25</p> <p>9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION</p>	<p>26</p> <p>9:30AM DAILY INSPIRATION 11AM CHAT N CHEW 12PM SUBCOMMITTEE MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING</p>	<p>27</p> <p>9:30AM DAILY INSPIRATION 11AM PEER TRAINING 11AM LIFE RECOVERY 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA</p>	<p>28</p> <p>9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 2PM OPEN ACTIVITY</p>