

# APRIL 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>9:30am Daily Inspiration<br/>11am Wellness Group<br/>12pm Queer Recovery Meeting<br/>1pm Drum Circle<br/>2:30pm All Recovery Meeting</p>                                | <p>9:30am Daily Inspiration<br/>11am Chat &amp; Chew<br/>1:30pm Housing Group<br/>2:30pm All Recovery Meeting</p>   | <p>9:30am Daily Inspiration<br/>1pm QI Group<br/>2:30pm All Recovery Meeting<br/>6pm Feel the Freedom NA</p>  | <p>9:30am Daily inspirations<br/>12pm SMART Recovery<br/>2pm Open Activity</p> |
|     | <p>9:30am Daily Inspiration<br/>11am Women's Meeting<br/>12:30pm Advisory Board<br/>2:30pm All Recovery meeting<br/>6pm Recovery Dharma</p> | <p>9:30am Daily Inspiration<br/>10am Hope Bag Outreach<br/>12pm Community Meeting<br/>1pm Areas<br/>2:30 pm All Recovery Meeting<br/>2:30 pm Men's Orientation Group</p> | <p>9:30am Daily Inspiration<br/>11am Wellness Group<br/>12pm Queer Recovery Meeting<br/>2:30pm All Recovery Meeting<br/>6:30pm Free Meditation</p>                         | <p>9:30am Daily Inspiration<br/>11am Chat &amp; Chew<br/>12pm subcommittee Meeting<br/>1pm DRA Meeting<br/>1:30pm Housing Group<br/>2:30pm All Recovery Meeting</p> | <p>9:30am Daily Inspiration<br/>1pm CAPRSS (STAFF)<br/>2:30pm All Recovery Meeting<br/>2:30pm Women's Orientation Group<br/>6pm Feel the Freedom NA</p> | <p>9:30am Daily inspirations<br/>12pm SMART Recovery<br/>2pm Open Activity</p> |
|   | <p>9:30am Daily Inspiration<br/>11am Women's Meeting<br/>1pm Equity Empowerment<br/>2:30pm All Recovery meeting<br/>6pm Recovery Dharma</p> | <p>9:30am Daily Inspiration<br/>10am Hope Bag Outreach<br/>12pm Community Meeting<br/>1pm Areas<br/>2:30 pm All Recovery Meeting</p>                                     | <p>9:30am Daily Inspiration<br/>11am Wellness Group<br/>12 pm Queer Recovery Meeting<br/>1 pm Drum Circle<br/>2:30 pm All Recovery Meeting<br/>6:30 pm Free Meditation</p> | <p>9:30am Daily Inspiration<br/>11am Chat &amp; Chew<br/>1pm DRA Meeting<br/>1:30pm Housing Group<br/>2:30pm All Recovery Meeting</p>                               | <p>9:30am Daily Inspiration<br/>11am Peer Training<br/>2:30pm All Recovery Meeting<br/>6pm Feel the Freedom NA</p>                                      | <p>9:30am Daily inspirations<br/>12pm SMART Recovery<br/>2pm Open Activity</p> |
|  | <p>9:30am Daily Inspiration<br/>11am Women's Meeting<br/>2:30pm All Recovery meeting<br/>6pm Recovery Dharma</p>                            | <p>9:30am Daily Inspiration<br/>10am Hope Bag Outreach<br/>12pm Community Meeting<br/>1pm Areas<br/>2:30pm All Recovery Meeting</p>                                      | <p>9:30am Daily Inspiration<br/>11am Wellness Group<br/>12pm Queer Recovery Meeting<br/>2:30pm All Recovery Meeting<br/>6:30pm Free Meditation</p>                         | <p>9:30am Daily Inspiration<br/>11am Chat &amp; Chew<br/>12pm Subcommittee Meeting<br/>1pm DRA Meeting<br/>1:30pm Housing Group<br/>2:30pm All Recovery Meeting</p> | <p>9:30am Daily Inspiration<br/>1pm Outreach Group<br/>2:30pm All Recovery Meeting<br/>6pm Feel the Freedom NA</p>                                      | <p>9:30am Daily inspirations<br/>12pm SMART Recovery<br/>2pm Open Activity</p> |
|  | <p>9:30am Daily Inspiration<br/>11am Women's Meeting<br/>2:30pm All Recovery meeting<br/>6pm Recovery Dharma</p>                            | <p>9:30am Daily Inspiration<br/>10am Hope Bag Outreach<br/>12pm Community Meeting<br/>1pm Areas<br/>2:30pm All Recovery Meeting</p>                                      | <p>9:30am Daily Inspiration<br/>11am Wellness Group<br/>12pm Queer Recovery Meeting<br/>1pm Drum Circle<br/>2:30pm All Recovery Meeting<br/>6:30pm Free Meditation</p>     | <p>9:30am Daily Inspiration<br/>11am Chat &amp; Chew<br/>1pm DRA Meeting<br/>1:30pm Housing Group<br/>2:30pm All Recovery Meeting</p>                               |    |  |