

SEPTEMBER 2026



The
Recovery Exchange
PEER RECOVERY CENTER
Hosted By Spectrum Health Systems



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL RECOVERY MONTH	¹ 9:30am Daily Inspiration 10am Hope Bag Outreach 12pm Community Meeting 1pm Areas 2:30pm All Recovery Meeting	² 9:30am Daily Inspiration 11am Wellness Group 12pm Queer Recovery Meeting 2:30pm All Recovery Meeting 6:30pm Free Meditation	³ 9:30am Daily Inspiration 11am Chat & Chew 1pm DRA Meeting 1:30pm Housing Group 2:30pm All Recovery Meeting	⁴ 10:30am Tai Chi/Walking Group 9:30am Daily Inspiration 1pm QI 2:30pm All Recovery Meeting 4:15 Freedom through the Word 6pm Feel the Freedom NA	⁵ 9:30am Daily inspirations 12pm SMART Recovery 2pm Open Activity
⁷ CLOSED FOR LABOR DAY! 	⁸ 9:30am Daily Inspiration 10am Hope Bag Outreach 12pm Community Meeting 1pm Areas 2:30pm All Recovery Meeting 2:30pm Men's Orientation	⁹ 9:30am Daily Inspiration 11am Wellness Group 12pm Queer Recovery Meeting 1pm Drum Circle 2:30pm All Recovery Meeting 6:30pm Free Meditation	¹⁰ 9:30am Daily Inspiration 11am Chat & Chew 12pm Subcommittee Meeting 1pm DRA Meeting 1:30pm Housing Group 2:30pm All Recovery Meeting	¹¹ 9:30am Daily Inspiration 10:30am Tai Chi/Walking Group 1pm Peer Training 2:30pm All Recovery Meeting 2:30pm Women's Orientation 4:15 Freedom through the Word 6pm Feel the Freedom NA	¹² 10am Softball Tournament! 
¹⁴ 9:30am Daily Inspiration 10:30am Tai Chi/Walking Group 11am Women's Meeting 1pm Equity Empowerment 2:30pm All Recovery meeting	¹⁵ 9:30am Daily Inspiration 10am Hope Bag Outreach 12pm Community Meeting 1pm Areas 2:30pm All Recovery Meeting	¹⁶ 9:30am Daily Inspiration 11am Wellness Group 12pm Queer Recovery Meeting 2:30pm All Recovery Meeting 6:30pm Free Meditation	¹⁷ 9:30am Daily Inspiration 11am Chat & Chew 1pm DRA Meeting 1:30pm Housing Group 2:30pm All Recovery Meeting	¹⁸ 9:30am Daily Inspiration 10:30am Tai Chi/Walking Group 1pm CAPRSS (Staff) 2:30pm All Recovery Meeting 4:15 Freedom through the Word 6pm Feel the Freedom NA	¹⁹ 9:30am Daily inspirations 12pm SMART Recovery 2pm Open Activity
²¹ 9:30am Daily Inspiration 10:30am Tai Chi/Walking Group 11am Women's Meeting 1pm Advisory Board 2:30pm All Recovery meeting	²² 9:30am Daily Inspiration 10am Hope Bag Outreach 12pm Community Meeting 1pm Areas 2:30pm All Recovery Meeting	²³ 9:30am Daily Inspiration 11am Wellness Group 12pm Queer Recovery Meeting 1pm Drum Circle 2:30pm All Recovery Meeting 6:30pm Free Meditation	²⁴ 9:30am Daily Inspiration 11am Chat & Chew 12pm Subcommittee Meeting 1pm DRA Meeting 1:30pm Housing Group 2:30pm All Recovery Meeting	²⁵ 9:30am Daily Inspiration 10:30am Tai Chi/Walking Group 1pm Outreach Group 2:30pm All Recovery Meeting 4:15 Freedom through the Word 6pm Feel the Freedom NA	²⁶ 9:30am Daily inspirations 12pm SMART Recovery 2pm Open Activity
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