OCTOBER 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 CHAT & CHEW 1PM DRA MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	2 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 1PM QI GROUP 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA	3 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 1:30PM WOMEN'S CIRCLE 2PM OPEN ACTIVITY
4	5 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 11AM WOMEN'S MEETING 1:30PM ADVISORY BOARD 2:30PM ALL RECOVERY MEETING	6 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING 2:30PM MEN'S ORIENTATION GROUP	7 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 1PM DRUM CIRCLE 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION	8 9:30AM DAILY INSPIRATION 11AM CHAT & CHEW 12PM SUBCOMMITTEE MEETING 1PM DRA MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	9 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 1PM CAPRSS (STAFF) 2:30PM ALL RECOVERY MEETING 2:30PM WOMEN'S ORIENTATION GROUP 6PM FEEL THE FREEDOM NA	10 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 1:30PM WOMEN'S CIRCLE 2PM OPEN ACTIVITY
11	12 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 11AM WOMEN'S MEETING 1PM EQUITY EMPOWERMENT 2:30PM ALL RECOVERY MEETING	13 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING	14 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION	15 9:30AM DAILY INSPIRATION 11AM CHAT & CHEW 1PM DRA MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	16 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 11AM PEER TRAINING 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA	17 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 1:30PM WOMEN'S CIRCLE 2PM OPEN ACTIVITY
18	19 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 11AM WOMEN'S MEETING 2:30PM ALL RECOVERY MEETING	20 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING	21 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 1PM DRUM CIRCLE 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION	22 9:30AM DAILY INSPIRATION 11AM CHAT & CHEW 12PM SUBCOMMITTEE MEETING 1PM DRA MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING	23 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA	24 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 1:30PM WOMEN'S CIRCLE 2PM OPEN ACTIVITY
25	26 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 11AM WOMEN'S MEETING 2:30PM ALL RECOVERY MEETING	27 9:30AM DAILY INSPIRATION 10AM HOPE BAG OUTREACH 12PM COMMUNITY MEETING 1PM AREAS 2:30PM ALL RECOVERY MEETING	28 9:30AM DAILY INSPIRATION 11AM WELLNESS GROUP 12PM QUEER RECOVERY MEETING 2:30PM ALL RECOVERY MEETING 6:30PM FREE MEDITATION	29 9:30AM DAILY INSPIRATION 11AM CHAT & CHEW 1PM DRA MEETING 1:30PM HOUSING GROUP 2:30PM ALL RECOVERY MEETING 5PM HALLOWEEN PARTY!	30 9:30AM DAILY INSPIRATION 10:30AM TAI CHI/WALKING GROUP 1:30PM OUTREACH GROUP 2:30PM ALL RECOVERY MEETING 6PM FEEL THE FREEDOM NA	31 9:30AM DAILY INSPIRATIONS 12PM SMART RECOVERY 1:30PM WOMEN'S CIRCLE 2PM OPEN ACTIVITY