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







