

# **INDIANA COUNTY RECOVERY CENTER**

## **JULY 2024 SCHEDULE**

### **MONDAYS**

**11 AM ARM MTG**  
**6:00 PM NA MTG**  
**6:30 REC N' MOTION**  
**@ YMCA**  
**7:15 WOMENS MEDITATION**

### **SATURDAY**

**YOGA @ NOON**  
**7/6 SOFTBALL @ 2 PM**  
**7/13 KICKBALL @ 2 PM**  
**8 PM AA**

### **TUESDAYS**

**CENTRAL OUTREACH 7/12**  
**11 AM JOURNALING**  
**8 PM AA MTG**  
**(BIBLE SUDY WILL RESUME IN THE FALL)**

### **SUNDAYS**

**CLOSED**

### **WEDNESDAYS**

**10 AM GUIDED MEDITATION**  
**NUTRITION AT NOON**  
**5:30 NA MTG**  
**7:15 NAR- ANON**

### **THURSDAYS**

**CSP 7/11**  
**MUSIC THERAPY AT NOON**

### **FRIDAYS**

**ARM MTG 11 AM**  
**MOVIES @ NOON**  
**5:30 NA MTG**

