

October 2026 Recovery Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		** MUST PRE-REGISTER SPECIAL EVENTS Zoom & in-person meeting code on back	All programs are FREE!	1 10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women's Group)	2 10a – Shared Strength for Seniors 7p – NA (End of the Road)	3 9a – Dan's Derby Walk & Pinewood Derby Car Race @ Gavin Park 10a – Coffee Connections
4 7p – NA (Sunday Shenanigans)	5 5:30p – OA 6:30p – Refuge Recovery 7p – E 31st Upstate GA	6 9a – 12/1p – 4p Reiki** 2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)	7 11a – SMART Recovery 1p – Hand in Hand Family 3p – UP Resume/Work Help 6p – All Recovery	8 10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 5:45p – SPAN (closed group) 7p – AA (Message of Hope Women's Group)	9 10a – Shared Strength for Seniors 7p – NA (End of the Road)	10 10a – Coffee Connections 11:30a – Bowling** 6p – Open Mic Night**
11 7p – NA (Sunday Shenanigans)	12 CENTER CLOSED FOR COLUMBUS DAY 7p – E 31st Upstate GA	13 2p – All Recovery 6p – CoDA 6:30p – GRASP (closed) 7p – NA (Invitation to Live)	14 11a – SMART Recovery 1p – Hand in Hand Family 5p – Crafts, Cookies & Conversations** 6p – All Recovery	15 10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women's Group)	16 10a – Shared Strength for Seniors 7p – NA (End of the Road)	17 10a – Coffee Connections 10a – Apple Picking at Smith's Orchard & Bake Shop**
18 7p – NA (Sunday Shenanigans)	19 3p – 5p – Reiki** 5:30p – OA 6:30p – Refuge Recovery 7p – Caring and Sharing (NAMI) 7p – E 31st Upstate GA	20 2p – All Recovery 4p – Wire Creation** 6p – CoDA 7p – NA (Invitation to Live)	21 11a – SMART Recovery 1p – Hand in Hand Family 6p – All Recovery	22 10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 5:45p – SPAN (closed group) 7p – AA (Message of Hope Women's Group)	23 10a – Shared Strength for Seniors 7p – NA (End of the Road)	24 10a – Coffee Connections 11a – Painting with Taylir and Andrea**
25 7p – NA (Sunday Shenanigans)	26 5:30p – OA 6:30p – Refuge Recovery 7p – E 31st Upstate GA	27 2p – All Recovery 6p – CoDA 7p – NA (Invitation to Live)	28 11a – SMART Recovery 1p – Hand in Hand Family 5p – HALLOWEEN PARTY 6p – All Recovery	29 10a – Moms and Babies 2p – All Recovery 5:30p – Youth All Recovery 5:30p – MA 7p – AA (Message of Hope Women's Group)	30 10a – Shared Strength for Seniors 7p – NA (End of the Road)	31 10a – Coffee Connections 

AA (Message of Hope Women's Group): Alcoholics Anonymous – Women's AA Group. A fellowship of those who share their experience, strength and hope with each other. The only requirement for membership is a desire to stop drinking.

All Recovery: All Recovery Support Meetings are non-denominational & based on the philosophy that people from every type of addiction share commonalities and benefit from sharing together. **Mtg #: 919 4386 5037**

Apple Picking: Meet us at Smith's Orchard & Bake Shop at 4561 Jockey St, Ballston Spa on 10/17 at 10:00am! Transportation is limited to 4 individuals. Please call the center to sign up! ****Must Pre-Register.**

Bowling: Join us at Saratoga Strike Zone for two free hours of bowling fun! Includes shoes, 2 slices of pizza, and soda. Space is limited to 30-35 people. Please call the center to sign up! ****Must Pre-Register.**

Caring and Sharing (NAMI): National Association for Mental Illness – This NAMI meeting is for all who have a loved one with mental illness. The main focus is on how to take care of yourselves while caring for your loved ones.

CoDA: Co-dependents Anonymous – CoDA is a 12-step program for people who share a common desire to develop functional and healthy relationships. **Mtg #: 981 5218 1273**

Coffee Connection: A weekly gathering of like-minded, recovery-focused coffee-drinkers who enjoy good conversation on a Saturday morning. This event is open to people in recovery, as well as family members seeking support.

Crafts, Cookies & Conversations: Join us for a special evening with sweet treats, crafts, and building connections!

Dan's Derby: Join us at Gavin Park on 10/3 for the 2nd annual Dan's Derby Walk and Pinewood Derby car race! Registration begins at 8am with events starting at 9am. This is a fun family friendly event! Please call the center with any questions.

GRASP: Grief Recovery After Substance Passing – this is a support group for those who have lost a loved one directly to substance use. Please call 518.306.3048 for information.

E 31st Upstate GA: Gamblers Anonymous – Ever ask yourself if your betting or wagering has become a problem in your life? If so, this meeting could be for you. All are welcome.

Halloween Party: Join us at the center on 10/28 at 5pm for our annual Halloween party! We will have spooky treats, food, games, pumpkin decorating, and fun for all ages!

Hand in Hand Family Group: An opportunity to begin an open conversation between those of us whose lives have been affected by a loved one's use. Together, we can share our experience, learn to be a positive force of change, and continue to move towards our common goal of healing.

MA: Marijuana Anonymous – MA is a twelve-step program for people with common desire to maintain abstinence from marijuana.

Moms and Babies: Recovery group for moms with babies and the struggles of parenthood while trying to maintain your recovery.

NA (Sunday Shenanigans, Invitation to Live, End of the Road): Narcotics Anonymous – NA is a fellowship of men and women who have found a better way of life, free from addiction. Our fellowship is based on a twelve-step program of recovery and if you wish to join us, all are welcome. This is an open meeting. **Mtg #: 798-350-491 Passcode: 719520**

OA: Overeaters Anonymous – Individuals looking to overcome unhealthy relationships with food or body image.

Open Mic Night: Open to adults in or seeking recovery, family members, allies, and anyone looking for a supportive substance-free night out! Music, comedy, poetry, spoken word, storytelling, and more!

Painting with Taylir and Andrea: This will be a guided painting with clear instructions and a predictable outcome. All supplies provided. ****Must Pre-Register.**

Refuge Recovery: Refuge Recovery is a non-religious, Buddhist-inspired path to freedom from addiction. This is an approach to recovery that understands: "All individuals have the power and potential to free themselves from the suffering that is caused by addiction."

Reiki: Reiki, the Japanese art of healing. Each individual will receive a 20 minute session. ****Must Pre-Register.**

Shared Strength for Seniors: If "American Bandstand" was your jam, this group is for you. An all recovery support group to bring together the groovy generation.

SMART Recovery: Self-Management And Recovery Training; building and maintaining the motivation to change, coping with urges to use. Managing your thoughts, feelings, and behaviors. Living a balanced and healthy lifestyle.

SPAN: (Statewide Peer Assistance for Nurses): This is a closed group that offers support, advocacy and education for nurses affected by substance use disorders

Up: Northern Rivers /Unlimited Potential is offering help with resume writing and suggestions of how to increase your employment search skills. All are welcome

Wire Creation: Learn how to make your own wire creation. Bring your own or use what we have. Wire, stones, beads & tools provided. ****Must Pre-Register.**

Youth All Recovery Meeting: An Addiction Support group for Teens ages **14-17**. Build a peer support system that you can rely on to develop a sober lifestyle. **Mtg #: 980 3064 4355 Passcode: 719520**

Center Hours:
Monday - Friday 9am - 8pm
Saturday - 9am - 2pm
Sunday - Closed
(518) 306-3048

Located at 125 High Rock Ave, Suite 105
Saratoga Springs, N.Y 12866
Entrance under blue awning.

FREE NARCAN TRAINING AVAILABLE!
STOP IN DURING BUSINESS HOURS.

One-on-one peer and family support available all weekdays via phone,
virtually (via Zoom) or In-person appointments.

