

**PEER ALLIANCE RECOVERY CENTER (PARC) BRONX**

**February 2025 Calendar of Activities**

**BRONX – 510 Courtlandt Ave, 2nd Floor / Bronx NY 10451 (929)-244-1500 / [parcbronx@samaritanvillage.org](mailto:parcbronx@samaritanvillage.org)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>Computer Lab is open daily - 10am to 5pm</b>  <b>For more information on TRAININGS, contact us at:</b>  <b>(929) 244-1500 or <a href="mailto:parcbronx@samaritanvillage.org">parcbronx@samaritanvillage.org</a></b></p>					
3 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>1:00pm to 2:00pm</b> <i>"Self-Talk" w/ Byron</i> <b>3:00pm to 4:00pm</b> <i>"In Our Own Words" w/ Michael</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	<b>PARC BRONX CLOSED</b>  <i>"Stand Up For Recovery Day"</i>	5 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>"Overcoming Social Anxiety" w/ Chuck</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i> <b>7:00pm to 8:00pm</b> <i>Staying Connected Mtg. Zoom ID: 567 484 6336</i>	6 <b>10:30 to 11:00</b> <i>"Daily Inspiration"</i> <b>1:30pm to 2:30pm</b> <i>"Historic Quotes, Drawing and Journaling" w/ Veronica</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	7 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>"Let's Heal" Stretching w/Mayra</i> <b>2:30pm to 4:00pm</b> <i>NA Meeting</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	8 <p align="center"><b>PARC CLOSED</b></p>
10 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>"Coffee &amp; Communication" w/Jamel</i> <b>1:00pm-2:00pm</b> <i>"MoTown Karaoke" w/Mayra</i> <b>3:00pm to 4:00pm</b> <i>"In Our Own Words" w/ Michael</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	11 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am-12:30pm</b> <i>"Nutritional Workshop" w/Joe</i> <b>1:00pm to 2:00pm</b> <i>PARC Vision Team Meeting</i> <b>3:00pm-4:00pm</b> <i>"Relaxation &amp; Yoga" w/Veronica</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	12 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>"Arts &amp; Crafts" w/Antoinette</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i> <b>7:00pm to 8:00pm</b> <i>Staying Connected Mtg. Zoom ID: 567 484 6336</i>	13 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>"Women's Empowerment" w/ Antionette</i> <b>3:00pm to 4:30pm</b> <i>"Recovery Club-Black athletes in Recovery" w/ Jesus</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	14 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>2:00pm to 3:00pm</b> <i>"A Better Way to Recovery" w/ Jamel</i> <b>2:30pm to 4:00pm</b> <i>NA Meeting</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	15 <p align="center"><b>10:30am to 2:00pm</b>  <i>Movie Matinee. w/Jesus and Joe</i></p>
17 <p align="center"><b>PARC BRONX CLOSED</b></p> <p align="center"><b>President's Day!</b></p>	18 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30pm-12:30pm</b> <i>"Nutritional Workshop" w/Raymond</i> <b>1:00pm to 2:00pm</b> <i>"Coffee &amp; Communication" w/ Antoinette</i> <b>3:00pm to 4:00pm</b> <i>"Men's Workshop" w/ Byron</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	19 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>1:00pm to 2:00pm</b> <i>"Never Fall-Back" w/ Jesus</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i> <b>7:00pm to 8:00pm</b> <i>Staying Connected Mtg. Zoom ID: 567 484 6336</i>	20 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>1:00pm-2:00pm</b> <i>"Spoken Word" w/Jamel</i> <b>3:00pm to 4:30pm</b> <i>"Recovery Club – Put down the bat, Pick up the feather" w/ Jesus</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	21 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>Spanish Workshop "Como Progresar" w/Mayra</i> <b>2:30pm to 4:00pm</b> <i>NA Meeting</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	22 <p align="center"><b>PARC CLOSED</b></p>
24 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>"Coffee &amp; Communication" w/Jamel</i> <b>3:00pm to 4:00pm</b> <i>"In Our Own Words" w/ Michael</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	25 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30pm-12:30pm</b> <i>"Nutritional Workshop" w/Jamel</i> <b>12:00pm to 1:00pm</b> <i>"Health and Hygiene" w/ Antoinette</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	26 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>11:30am to 12:30pm</b> <i>Financial Literacy" w/ Chuck &amp; MCU</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i> <b>7:00pm to 8:00pm</b> <i>Staying Connected Mtg. Zoom ID: 567 484 6336</i>	27 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i> <b>12:00pm to 1:00pm</b> <i>"Arts &amp; Crafts" w/ Antionette</i> <b>2:00pm-3:00pm</b> <i>"Acknowledging Black Inventors/Influencers" w/Jamel</i> <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	28 <b>10:30am to 11:00am</b> <i>"Daily Inspiration"</i>  <b>2:30pm to 4:00pm</b> <i>NA Meeting</i>  <b>4:30pm to 5:00pm</b> <i>"Daily Wrap Up"</i>	