

# The Clubhouse

## October 2017

66 Englewood Ave Buffalo, NY 14214 (716)832-2141

### Hours:

Ages 16-17 Tuesday and Thursdays 3 to 9pm, Saturdays 10am to 6pm

Ages 18 -23 Monday to Friday 5 to 9pm, Saturdays 10am to 6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6pm Managing Anger 8pm Managing Stress	3 5:30pm \$7 Movies Regal 6pm Managing Anger for 16-17 7pm Meditation	4 6pm Collage Workshop Series 7pm Solutions Group-NA 8pm Music Appreciation	5 6-8pm Clubhouse Meet & Eat Dinner Club 7pm Game Night! Bring Someone with You	6 6pm WHAM 6pm Delaware Park 7p Book Club	7 3- 4pm Serenity Group
9 6pm Life Skills Workshop 8pm Zen Coloring	10 <b>3p Leave for Ellicottville to walk around</b> 6pm Managing Anger for 16-17 7pm Let's Talk Music	11 6pm Collage Workshop Series 7pm Solutions Group-NA 8pm Music Appreciation	12 6pm Using Tech as A Recovery Resource 7pm Meditation	13 <b>5:30 pm Leave for Haunted Paintball at Holland paintball Adventure *cost is \$20*Sign up with staff by10/9</b> 6pm Soba Sisters Dinner Club	14 1pm Game Time
16 6pm What Is Recovery? 8pm Managing Stress  *** GET READY FOR HARVEST FEST ***	17 <b>6p Pick a restaurant to eat for local restaurant week</b> 6pm Managing Anger for 16-17 *** GET READY FOR HARVEST FEST ***	18 6pm Collage Workshop Series 7pm Solutions Group-NA 8pm Music Appreciation *** GET READY FOR HARVEST FEST ***	19 7pm Big Talk *One group for 16-17 and one for 18-23 group*  *** GET READY FOR HARVEST FEST ***	20  <b>**Join Us For Our 1st Harvest Festival 12-8 pm Tour the Space, Meet &amp; Greet, Outdoor Activities &amp; Yummy Fall Food</b>	21 3 to 4pm Serenity Group
23 6pm Managing Anger 8pm Zen Coloring	24 6pm Managing Anger for 16-17 7pm Big Talk *One group for 16-17 and one for 18-23 group*	25 6pm Find Your Creative Calling 7pm Solutions Group-NA 8pm Music Appreciation	26 6pm Using Tech as a Recovery Resource 7:45 pm Book Club	27 6pm WHAM 6pm Soba Sisters Dinner Club <b>7-9pm Halloween Party for 16-18</b>	28 1pm Games
30 6pm Life Skills Workshop 8pm Zen Coloring	31 6pm Celebrate Halloween				

### IMPORTANT DATES TO REMEMBER

**October 10** -3p Leave for Ellicottville to walk around

**October 13-** 5:30 pm Leave for Haunted Paintball at Holland paintball Adventure \*cost is \$20\*Sign up with staff by 10/9

**October 17-** Pick a restaurant to eat for local restaurant week

**October 20** – 12 to 8pm Harvest Fest

**October 27** – 7 to 9pm Halloween Party

### MEALS Are FREE!!!!

Dinner is served at 6:30pm during the week. On Saturday lunch is at 11:30am and Dinner is at 5p. Be here one hour before to sign up and participate in cooking with us!!!

### What's Next

5 to 7pm on Wednesday and 1 to 3pm Saturday is dedicated for personal development. One on one work with a recovery coach is available. If you would like to work with a coach outside of these times, please set an appointment

### Help with Homework

3 to 5pm on Tuesday, Thursday and Saturdays is dedicated for help with homework for 16-17 year olds. We may not have all the answers but can help you find them!!!