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| The ClubhouseDecember 201766 Englewood Ave, Buffalo, NY 14214 (716)832-2141 | Hours:Ages 16-17 Tuesday & Thursday 3 to 9pm, Saturdays 10am to 6pm Ages 18-23 Monday to Friday 5 to 9pm,Saturdays 10am to 6pm |

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|   |  | Every Thursday6pm Clubhouse Meet, Eat & Game Night Bring Someone with You!! | Every Saturday at 10 am Coffee Hour | 1.**\*6-8pm: Holiday Tree Lighting Celebration (Canal side)** 6pm WHAM 7pm Managing Stress  | 2.11-2pm Yuletide In The Country at the Fairgrounds 11am Guided Mediation 3-4pm Serenity Group  |
| 4.6pm Life Skills Workshop 8pm Managing Stress  | 5.6pm Managing Anger \*One Group for 16-17 & one for 18-23 7pm Benefits of Yoga  | 6.6pm Make Christmas Cards 7pm Solutions Group-NA | 7.8pm Using Tech as A Recovery Resource | 8. 6pm Burchfield Penny 6pm Soba Sisters Dinner Club  | 9. 11am Guided Mediation 11-2pm Building Buffalo At the Central Library |
| 11. 6pm Festival of Lights at the Fairgrounds 8pm Zen Coloring  | 12.6pm Managing Anger \*One Group for 16-17 & one for 18-23 6pm Festival of Lights at the Fairgrounds 7pm Let’s Talk Music  | 13.6 pm Cultural Holiday Traditions7pm Solutions Group-NA | 14.7pm Big Talk \*One group for 16-17 and one for 18-23 group\*  | 15.6pm Buffalo History Museum 6pm WHAM 7pm Decorate Ornaments | 16.11am Guided Mediation 11-2pm Panic Holiday Marketplace 468 Washington Street, 142033-4pm Serenity Group  |
| 18.6pm What is Recovery 6pm Foosball at 6:30pm At Expo Market 8pm Managing Stress  | 19. 6pm Managing Anger \*One Group for 16-17 & one for 18-23 7pm Benefits of Yoga | 20.7pm Solutions Group-NA | 21.8pm Music Appreciation  | 22.6pm Soba Sisters Dinner Club  | 23.11am Guided Mediation 11-2pm Holiday Shopping Members Choice  |
| 25.Closed for Christmas Please join Us at 327 Elm Street 10 to 2pm  | 26.6pm Managing Anger \*One Group for 16-17 & one for 18-237pm Big Talk \*One group for 16-17 and one for 18-23 group\*  | 27.7pm Solutions Group-NA | 28.8pm Using Tech as A Recovery Resource | 29.6pm Holistic Release  | 30. 11am Guided Mediation 11-2pm Coffee Crawl 3-4pm Serenity Group  |

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| **Come In To Meet** **The New Manager** **Marsha** For The Clubhouse | Meals are FREE!!!Dinner is served at 6:30pm during the week. On Saturday lunch is at 11:30 am and dinner is at 5pm. Be here one hour before to sign up and participate in cooking with us. | What’s Next5 to 7pm on Wednesday’s and 1 to 3pm Saturday is dedicated for personal development. If you would like to work with a coach outside of these times, please set an appointment | Help with Homework3 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!!! |