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| The Clubhouse  December 2017  66 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 Thursday  6pm 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 Traditions  7pm 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, 14203  3-4pm 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 18-23  7pm 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!!! |