

# RSI Clubhouse August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>GROUPS</b> 1 6 PM Managing Anger	2 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	<b>GROUPS</b> 3 6 PM Managing Anger	<b>FIRST FRIDAYS</b> 4 6 PM Albright Knox 730 PM Delaware park evening walk	<b>Community Center</b> 5 10 – 2 Gloria J Parks 1-3 PM WHATS NEXT	6
<b>GROUPS</b> 7 6 PM Managing Anger 8 PM Zen Coloring	<b>MOVIE NIGHT</b> 8 5:30 PM -\$5 Movies at the Regal	9 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	<b>ART GATHERING</b> 10 6 PM - Find your Creative Calling – Art workshop	<b>4 STAR DINING</b> 11 6-8PM Soba Sistas Dinner Club	<b>COFFEE LOVIN'</b> 12 12 – 2 Coffee Crawl 3 – 4PM: Serenity Group	13
<b>Positive Relaxation</b> 14 6 PM Life Skills Workshop 8 PM Zen Coloring	<b>GROUPS</b> 15 6 PM Managing Anger 8 PM Let's Talk Music	16 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	<b>TECH &amp; YOU</b> 17 6 PM Using Tech as a Recovery Resource 745 PM Meditations	<b>WE WANT YOU!</b> 18 6-8 Clubhouse meet and Eat Dinner Club	<b>DIGITAL DETOX</b> 19 12 – 2 Delaware Park Bike Ride 1-3 PM WHATS NEXT	20
<b>RECOVERY IS FUN</b> 21 5:30 What is Recovery? 7-9 PM Game Night	<b>MOVIE NIGHT</b> 22 5:30 PM -\$5 Movies at the Regal	23 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	<b>GROUPS</b> 24 6 PM - Find your Creative Calling – Art workshop	<b>GROUP NIGHT</b> 25 6-8PM Soba Sistas Dinner Club 6 PM Managing Anger	<b>COFFEE LOVIN'</b> 26 12 – 2 Coffee Crawl 3 – 4PM: Serenity Group	27
<b>Share Your Heart</b> 28 6 PM Storytelling and Poetry Reading	<b>Speak &amp; Listen</b> 29 7:00 PM BIG TALK 8 PM Music Appreciation	30 5-7PM WHAT'S NEXT 7 PM - Solutions group - NA	<b>TECH &amp; YOU</b> 31 6 PM Using Tech as a Recovery Resource 745 PM Meditations			



## MEALS

Dinner is served Monday – Friday at 6:30. On Saturdays, Lunch or Brunch is at 11:30 and Dinner is at 5. Be here one hour beforehand to sign up and participate in cooking with us!

## WHAT'S NEXT WEDNESDAYS & SATURDAYS

5:00 to 7:00 PM WED and 1-3 PM SAT  
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.

## MORE INFORMATION

HOURS: M-F 5-9 PM,  
Saturdays 10 AM – 6 PM  
66 Englewood Ave, Buffalo NY 14214  
PHONE: 716-832-2141  
Questions or Suggestions?  
Contact Robert Morrow 716-832-2141 x 217;  
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