

The Clubhouse September, 2018
66 Englewood Ave, Buffalo, NY 14214 (716)832-2141

Hours for Ages 16-23;
Monday to Friday 3 to 9pm, 1st and 3rd Saturdays 10am to 6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clubhouse Operations to include: Snack Bar, Maintenance Unit, Meal Preparations and, Reception Unit starts daily at 3:30pm	Meals are FREE!!!! Dinner is served at 5:30pm during the week. On Saturday Lunch is served at 11:30am. Please be here one hour before to sign up and participate in prepping	5 to 7pm on Wednesday's and 1 to 3pm the first and third Saturday of every month are dedicated for personal development meetings with a coach. You can set up an appointment outside of these times if you need.	Homework Help Offered every Tuesday, Thursday and Saturday from 3 to 5pm		1. 11:00am Book Club 1:00PM Labor Day Picnic
3. <i>Labor Day Clubhouse Closed</i>	4. 4pm Creative Writing 5pm My Brother's Keeper Dinner Club 7pm Game Tournament	5. 5pm Life Skills {Resume Writing Skills} 6pm Holistic Recovery Enhancement {a walk to remember} 7pm Solutions Group-NA	6. 4pm Using Tech as a Recovery Resource Let's talk about "What cha mad at" over ice cream. Back to school Ice Cream Social bring a friend 5-7pm	7. 4:00pm Guided meditation /Mindfulness Albright Knox Leaving the Clubhouse at 4:45pm 6pm Sober Sisters Dinner Club	8. Join us at: Rise for Recovery Walk with Kids Escaping Drugs at Canalside @ 7am OR Out of the Darkness Suicide Prevention Walk 8:30am-1:00pm @Delaware Park
10. 4:00pm Music Interpretation 5pm My Brother's Keeper Dinner Club	for 16-17 11. 4:00pm "What cha mad at?" 4:45 pm Guided meditation /Mindfulness 5:30 pm Game Night bring a friend	12 5pm Life Skills {Applying for employment} 6pm Holistic Recovery Enhancement {a walk to remember} 7pm Solutions Group-NA	13. 4:00pm Let's Talk {*One group for 16-17year olds and one group for 18-23 years old *} 6:00pm Family Movie Night bring your parents and or siblings	14. 4:30pm Clubhouse Staff/Members Meeting "Get Air" Leaving Clubhouse at 6pm Must be signed up to go	15. "Family Open House" 1pm to 4pm 5:00 Guided meditation /Mindfulness
17. 4pm Creative Writing 5pm My Brother's Keeper Dinner Club 7pm Game Tournament	18. 4:00pm What cha mad at? 5:30pm Delaware Park Shoot out	19. 5pm WRAP Plan 6pm Holistic Recovery Enhancement {a walk to remember} 7pm Solutions Group-NA	20. 5:00pm Parents Let's Talk About It 5:00pm Sibling Snack Attack {Homemade Snack Baking} Bring your siblings along to help and enjoy	21. 4:30pm Guided Meditation /Mindfulness 5:30 Gloria J. Parks Basketball 6pm Sober Sisters Dinner Club	22. Clubhouse Closed
24. 4pm Music Interpretation 5pm Dinner and a Movie At the Clubhouse. Come unwind with us!!	25. 4:00pm "What cha mad at?" 5pm Game Night bring a friend	26. 5pm Life Skills {Interview Skills} 6pm Holistic Recovery Enhancement {a walk to remember} 7pm Solutions Group-NA	27. 4pm Let's Talk {*One group for 16-17year olds and one group for 18-23 years old *} 5pm Sibling Movie Night bring a sibling or a friend	28. 4:30pm Guided Meditation /Mindfulness 5:30 Gloria J. Parks Basketball 6pm Sober Sisters Dinner Club	29 Clubhouse Closed

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