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| The Clubhouse  April, 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-6pm |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 2**. Dyngus Day Celebration Come join use at Matt Urban League’s Hope Center 4pm to 8pm** | 3.  6pm Managing Anger {one group for 16-17 and one group for 18-23\*}  7pm Big Talk {\*One group for 16-17 and one for 18-23 group\*} | 4.  6pm Coffee & Discussion  Book Club  7pm Solutions Group | 5.  5pm Using Tech as a  Recovery Resource  6pm Game Night bring a  friend | 6.  6pm Sober Sisters Dinner Club  8pm Guided meditation | 7.  10:00am Coffee Hour {sip and  chat}  11am Guided meditation  11:30 Lunch |
| 9.  6pm Managing Anger {one group for 16-17 and one group for 18-23\*}  7pm Big Talk {\*One group for 16-17 and one for 18-23 group\*} | 10.  5pm Using Tech as a  Recovery Resource  6pm Bingo Night bring a  friend  6pm Regal Movies $7.00    for 16-127 | 11.  6pm Life skills Workshop  7pm Solutions Group-NA | 12.  **5:30 to 6:30pm**  **Beginners Yoga Class at the Himalayan Institute $10.00** | 13.  6pm Sober Sisters Dinner Club  8pm Guided meditation | 14.  Clubhouse Closed |
| 16.  5pm What Is Recovery  6pm My Brother’s Keeper  Dinner Club | 17.  6pm Managing Anger {one group for 16-17 and one group for 18-23\*}  7pm Big Talk {\*One group for 16-17 and one for 18-23 group\*} | 18.  6pm Coffee & Discussion  Book Club  7pm Solutions Group | 19.  5pm WHAM  6pm Game Night bring a  friend | 20.    **5:30pm**  **Dinner and a Movie** | 21.  10:00am Coffee Hour {sip and chat}  11am Guided meditation  **2:00** **Recovery Enhancement {Cake Baking a recipe for recovery}** |
| 23.  5pm WHAM  6pm Family and Dinner  Game Night bring a  friend and or Family | 24.  6pm Managing Anger  7pm Big Talk  7pm Let’s Talk Music | 25.  6pm Life skills Workshop  7pm Solutions Group-  NA | 26.  **5:30 to 6:30pm**  **Beginners Yoga Class at the Himalayan Institute $10.00** | 27.  6pm Sober Sisters Dinner Club  8pm Guided meditation | 28.  Clubhouse Closed |
| 30.  5pm Life Skills workshop  6pm My Brother’s Keeper Dinner Club  8pm Zen Coloring |  |  | Meals are FREE!!!! Dinner is served at 6:30pm during the week. On Saturday Lunch is served at 11:30am and dinner at 5:00pm. Please be here one hour before to sign up and participate in prepping. | What’s Next 5 to 7pm on Wednesday’s and 1 to 3pm on Saturdays are dedicated for personal development meetings with a coach. You can set up an appointment outside of these times if you need. | Help with Homework 3 to 5pm on Tuesday, Thursday and Saturday is dedicated for help with homework for ages 16 and 17. We may not have all the answers, but we can help you find them |