

Clubhouse Buffalo
February 2019

66 Englewood Ave, Buffalo, NY 14214 (716)832-2141

Hours for Ages 16-23 years of age
Monday to Friday 3 to 9pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Help with Homework 3 to 4 pm is dedicated for help with homework for ages 16 and 17 year olds.</p>	<p>Meals are FREE!!!! Dinner is served at 5:30pm during the week. Please be here one hour before to sign up and participate in prepping.</p>	<p>What's Next 5 to 7pm on Wednesday's are dedicated for personal development meetings with a coach. You can set up an appointment outside of these times if you need.</p>		<p>1. 6pm Ladies Night</p>
<p>4. 4:30pm Music Appreciation Written Rap Battle</p> <p>5:30pm My Brother's Keeper Dinner Club</p> <p>7pm Game Night Tournament</p>	<p>5. 4:00pm Talking Recovery My Way</p> <p>6pm Family Coloring night</p>	<p>6. 4:00pm Guided Meditation/Mindfulness</p> <p>5:00pm The Ice at Canalside Bumper Cars</p>	<p>7. 4:00pm Beginner PIYO Workout</p> <p>5:00pm Tech as a Recovery Resource</p> <p>6pm Game Night bring a friend</p>	<p>8. 5:00pm Creative Corner</p> <p>6pm Ladies Night</p>
<p>11. 4:30pm Music Appreciation Using our Words through love songs</p> <p>5:30pm My Brother's Keeper Dinner Club</p> <p>7pm Family Bingo Night</p>	<p>12. 4:00pm Talking Recovery My Way</p> <p>5pm Zen Coloring night</p> <p>6pm Buffalo Renaissance Foundation Community Center Open Gym/Swim</p>	<p>13. Valentine's Day Party 5:30pm to 8pm</p> 	<p>14. 4:00pm Beginner Yoga Workout</p> <p>5pm Tech as a Recovery Resource</p> <p>6pm Family Game Night bring a friend</p>	<p>15. 5:00pm Book and Coffee Club (Every Thing Every Thing By Nicola Yoon)</p> <p>6pm Ladies Night</p>
<p>18. Presidents' Day Movie Day "Benchwarmers 2"</p>	<p>19. 4:00pm Talking Recovery My Way</p> <p>6pm Family Coloring night</p>	<p>20. 4:00pm Guided Meditation/Mindfulness</p> <p>5:00pm My Brother's Keeper Dinner Club</p>	<p>21. 4:00pm Beginner PIYO Workout</p> <p>5:00pm Tech as a Recovery Resource</p> <p>6pm Game Night bring a friend</p>	<p>22. 4:00pm Family Support Discussion</p> <p>4:30pm Karaoke</p> <p>6:00 Ladies Night</p>
<p>25. 4:00 Music Appreciation Using Our Words your choice</p> <p>5:30pm Staying Healthy and Focused</p> <p>6pm My Brother's Keeper Dinner Club</p>	<p>26. 4:00pm Talking Recovery My Way</p> <p>5pm Life Skills workshop</p> <p>6pm Zen Coloring night</p>	<p>27. 3:30-5pm Birchfield Penny Gallery tour and hands on Art Project</p> <p>5:30pm My Brother's Keeper Dinner Club</p>	<p>28. 4:00pm Beginner Yoga Workout</p> <p>5pm Tech as a Recovery Resource</p> <p>6pm Family Game and snack night</p>	

