


Clubhouse Buffalo

March, 2019

66 Englewood Ave, Buffalo, NY 14214 (716)832-2141 ext. 212,
217 or, 249

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>Everyone's Irish On March 17th.</p>	<p>1. Albright Knox's Art Gallery Hands on Art Project 5pm to 7pm 6pm Ladies Night</p>
<p>4. 4:30pm Music Appreciation Written Rap Battle 5:30pm My Brother's Keeper Dinner Club 7pm Game Night Tournament</p>	<p>5.4:00pm Let's Talk About It. 5:30pm Buffalo Renaissance Foundation Community Center Open Gym/ Swim</p>	<p>6. 4:00pm Guided Meditation/Mindfulness 6pm Family In-house Popcorn and a Movie Night</p>	<p>7. 4:00pm Karaoke 5:00pm Tech as a Recovery Resource 6pm Game Night bring a friend</p>	<p>8. 3:00pm Clubhouse Advisory Board Meeting 5:30pm Gloria J Parks Open Gym (guys) 6pm Ladies Night</p>
<p>11. 4:30pm Music Appreciation using our words through our favorite songs 5:30pm My Brother's Keeper Dinner Club 7pm Game Night Tournament</p>	<p>12. 4:00pm Let's Talk About It 5pm Zen Coloring 6:00pm Karaoke /Spoken Words (Words have Meaning)</p>	<p>13. 4:00pm Cooking with Unique from The Erie County SNAP Program 5pm Apollo Media Center</p>	<p>14. 4:00pm Beginner Yoga Workout 5pm Tech as a Recovery Resource 6pm Family Game Night bring a friend</p>	<p>15. 5:00pm Book and Coffee Club (Continue)Every Thing Every Thing By Nicola Yoon 6pm Ladies Night</p>
<p>18. Celebrating St. Patrick's Day with festive snacks</p>	<p>19. 4:00pm Let's Talk About It 6pm Family Coloring night</p>	<p>20. 4:00pm Guided Meditation/Mindfulness 5:00pm Movie Night Regal Cinema. Must RSVP BY 3/13/19</p>	<p>21. Monthly Clubhouse Meet and Greet. Come out and tour our location and, have all of your questions answered by Clubhouse Staff.</p>	<p>22. 4:00pm Family Support Discussion 4:30pm Karaoke 6:00 Ladies Night</p>
<p>25. 4:00 Music Appreciation Karaoke Night 5:30pm Staying Healthy and Focused 6pm My Brother's Keeper Dinner Club</p>	<p>26. 4:00pm Let's Talk About It 5pm Life Skills workshop 6pm Zen Coloring night</p>	<p>27. 4:00pm Cooking with Unique from The Erie County SNAP Program Leaving at 6:30pm for Bowling at Kenmore Lanes</p>	<p>28. 4:00pm Beginner Yoga Workout 5pm Tech as a Recovery Resource 6pm Family Board Game and snack night</p>	<p>29. 4:00pm Youth Meeting 6pm Ladies Night</p>