

February

2023

@Clubhouse Buffalo

66 Englewood Ave, Buffalo, NY 14214
(716)-832-2141 ext. 212, 242, 249

MONTH'S ANNOUNCEMENTS








- CLUBHOUSE CAFE NOW OPEN 1-3PM!
- ONLINE SCHEDULE VIEW, COMING SOON!
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WE OUTSIDE! : SIGNUP BY...

- HERITAGE CENTER - 2/19-->2/10
- ICE SKATING - 2/2-->1/27
- ROLLER SKATING - 2/24-->2/19

UPCOMING HEADS-UP

LOOK OUT FOR CHB COMMUNITY FRIDGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JOIN US ALL MOTH AS WE CELEBRATE BLACK HISTORY MONTH	1 BOTANICAL ARTS W/ AYANA MCKOY	2 GROUNDHOG DAY TRAX MUSIC PROGRAM 	3 ICE SKATING @ CANALSIDE	4
6 MINDFUL MONDAY: GUIDED YOGA & MEDITATION	7 CHOOSEYOURFOCUS: COOKING WITH YOLANDA 	8 BOTANICAL ARTS: MAKE A PLANT POT 	9 NATIONAL PIZZA DAY TRAX MUSIC PROGRAM	10 MOVIE & POPCORN	11
13 MINDFUL MONDAY: GOAL & MINDSET CHECK RECOVERY SUPPORT	14 HAPPY VALENTINES DAY CHOOSEYOURFOCUS: COMMUNITY FRIDGE PAINT PROJECT	15 BOTANICAL ARTS: MAKE A BOTANICAL OIL 	16 TRAX MUSIC PROGRAM 	19 HERITAGE CENTER @NIAGARA FALLS	18
20 PRESIDENTS DAY CLUB HOUSE CLOSED!	21 CHOOSEYOURFOCUS: SALAD BAR	22 BOTANICAL ARTS: BUNCH YOUR OWN HERBS 	23 NATIONAL CHILD DAY TRAX MUSIC PROGRAM	24 ROLLER SKATING NIGHT	25
27 AGENCY NIGHT MINDFUL MONDAY: REIKI SESSION W/ EVLENA	28 HAPPY BIRTHDAY/ CELEBRATION TO ALL WHO HAVE A BIRTHDAYS IN FEBRUARY CAKE & ICECREAM		MEALS ARE PROVIDED DAILY COME IN AND ASK ANY STAFF MEMBERS FOR HELP WITH HOMEWORK, JOB SEARCHES, AND RESUMES, ANYTHING YOU'RE STRUGGLING WITH, DON'T HESITATE!		