


# October 2021 Empowerment Academy Calendar

ALL workshops are being held **In-Person AND via Phone** (unless otherwise indicated)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Join Us On-site or by Phone!</b>  <b>Call: 716-884-5216</b>  <b>ext 901 PIN 1234</b>  <b>Mon-Fri 9am-8:30pm</b>  <b>Sat &amp; Sun 9am-1pm</b></p>	<p><b>Check It Out!</b>  <b>"The Value of..." Series!</b>  Mondays at 10am facilitated by Brandon!</p> <p>AND Staff from all RSI programs will be on-site at EA to speak to!</p>		<p><b>**The events on this calendar are subject to change due unforeseen circumstances</b>  <b>** Please call ahead to confirm!**</b>  884-5216 ext. 498</p> <p>*Please contact Adam directly with questions! 208-8126</p>	<p><b>1 ***International Coffee Day***</b>  <b>free coffee at EA all day!</b>  <b>**10a-12p: Fitness Friday! Walk at Tim Hortons** w/ Renee</b>  10a-11a: ACE Employment Staff at EA  2p: Assistive Tech with OT  *12p-5p: Academy of Peer Services Classes w/ Adam  4p-8p: Spades Club</p>
<p><b>4 Celebrate Nat'l Pop Popcorn</b>  10a-11a: The Value Of... w/ Brandon  11a-12p: Anger Mgmt w/ Dave  1p-2p: Recovery Stories w/ Renee  2p-3p: Blame Game w/ Amina  6:30p: Movie Night w/ Anthony  **free popcorn tonight!</p>	<p><b>7</b>  10a-12pm Housing Solutions Staff at EA  10a-11a: Newsletter Mtng w/ Larry  1p-4p: Board Games with Stephen  6p-7p: Newsletter Writing w/ Dave</p>	<p><b>6 Celebrate Nat'l Pizza Month</b>  10a-11a: Wellness Walk to Tim Horton's (bring \$) with Renee  11a-12p MYO: Naan Pizza for lunch with Stephen  1-2p: Social Hour w/ Renee  3p-4p: Art Expressions w/ Amina  6p-8p: WRAP Workshop w/ Anthony</p>	<p><b>7</b>  9a-12p: Staff Training on Motivational Interviewing  (EA activities closed until 1p)  1-3pm: Fall Crafts w/ Stephen  *3p-5p: RSI Art Studio w/ Adam  7:30p-8:30p: Current Events w/ Anthony</p>	<p><b>8</b>  <b>**10a-12p: Fitness Friday! Walk at Tift Farms** w/ Stephen</b>  11a-12p: What's On Your Mind w/ Renee  2p: Assistive Tech with OT  *12p-5p: Academy of Peer Services Classes w/ Adam  4p-8p: Spades Club</p>
<p><b>11 World Mental Health Day</b>  10a-11a: The Value Of... w/ Brandon  11a-12p: How Should We Celebrate World Mental Health Day?  1p-3p: Chat w/ Amina  6:30p: Movie Night w/ Anthony</p>	<p><b>12 Nat'l Gumbo Day</b>  <b>Help Needed! Slow cooking Gumbo all day!</b>  10a-12p: Housing Solutions Staff at EA  10a-11a: Newsletter Mtng w/ Larry  1p-3p: Meal Planning &amp; Kitchen Cleaning w/ Stephen  6p-7p: Current Events w/ Dave</p>	<p><b>13</b>  10a-11a: Mindful Breathing w/ Stephen  11a-12p: Coffee &amp; Conversation w/ Renee  1p-2p: Prioritize Yourself w/ Stephen  3p-4p: Art Expressions w/ Amina  6p-8pm: Movie Club w/Anthony</p>	<p><b>14 Nat'l Dessert Day</b>  10a-12p: Peer Advisory Council (PAC) w/ Adam *Free Coffee and Biscotti*  1-3pm: Chair Yoga with Renee  *3p-5p: RSI Art Studio w/ Adam  7:30p-8:30p: Current Events w/ Anthony</p>	<p><b>15</b>  <b>**10a-1p: Fitness Friday! Walk at Niagara Falls** w/ Renee</b>  10a-11a: ACE Employment Staff at EA  2p: Assistive Tech with OT  *12p-5p: Academy of Peer Services Classes w/ Adam  4p-8p: Spades Club</p>
<p><b>18 Nat'l Meatloaf Day</b>  <b>Help Needed! Slow cooking Meatloaf all day!</b>  10a-11a: The Value Of... w/ Brandon  11a-12p: Chair Yoga w/ Dave  1p-3p: Chat w/ Amina  6:30p: Movie Night w/ Anthony</p>	<p><b>19</b>  10a-12pm Housing Solutions Staff at EA  10a-11a: Newsletter Mtng w/ Larry  1p-4p: Board Games with Stephen  6p-7p: Newsletter Writing w/ Dave</p>	<p><b>20</b>  10a-12p: Wellness Walk around Delaware Park w/ Renee  11a-12p: Advocating for Yourself w/ Stephen  1p-2p: Social Hour w/ Stephen  2p-4p: Art Expressions w/ Amina  6p-8p: WRAP Workshop w/ Anthony</p>	<p><b>21</b>  10a-12p: Housing Staff at EA  11a-12p: Current Events w/ Renee  1p-3p: Snack Shop Meeting w/ Stephen  *3p-5p: RSI Art Studio w/ Adam  7:30p-8:30p: Current Events w/Anthony</p>	<p><b>22</b>  <b>**10a-2p: Letchworth State Park** w/ Stephen</b>  11a-12p: Writing Workshop w/ Renee  2p: Assistive Tech with OT  *12p-5p: Academy of Peer Services Classes w/ Adam  4p-8p: Spades Club</p>
<p><b>25</b>  10a-11a: The Value Of... w/ Brandon  11a-12p: Anger Mgmt w/ Dave  1p-2p: Recovery Stories w/ Renee  2p-3p: Blame Game w/ Amina  6:30p: Movie Night w/ Anthony</p>	<p><b>26</b>  10a-12p: Housing Solutions Staff at EA  10a-11a: Newsletter Mtng w/ Larry  1p-3p: Meal Planning &amp; Kitchen Cleaning w/ Stephen  6p-7p: Current Events w/ Dave</p>	<p><b>27</b>  10a-12p: Wellness Walk around town (customer choice!) w/ Stephen  11a-12p: Coffee &amp; Convo w/ Renee  1-2p: Healthy Eating w/ Stephen  2p-4p: Art Expressions w/ Amina  6-8p: Movie Club w/ Anthony</p>	<p><b>28</b>  9a-4p: Project Homeless Connect  10a-12p: Peer Advisory Council (PAC) w/ Adam *Free Coffee and Biscotti*  2p-4p: OMH Virtual Town Hall  *3p-5p: RSI Art Studio w/ Adam  7:30p-8:30p: Current Events w/ Anthony</p>	<p><b>29 Celebrate Halloween Pizza Party @ Lunch! Wear a Costume!</b>  10a-11a: ACE Employment Staff at EA  2p: Assistive Tech with OT  *12p-5p: Academy of Peer Services Classes w/ Adam  4p-8p: Spades Club</p>

