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| **December 2019**  Tel. 884-5216 Fax 884-2847 | Empowerment Academy Workshops  **Open Monday – Friday for hours please look below** | | | 327 Elm Street, Buffalo NY 14203 |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2.  10-11am: Relaxation Activities  11-12pm: Teambuilding Activities  1-2pm: Brain Teasers  5-9pm: Social Hour | 3.  10-11am: Christmas Carol Rehearsal  11-12pm: Adult Coloring w/ a Twist  1-2pm: Coffee & Conversation  6-8pm: Pool Tournament | 4.  10-11am: Assertive Comm.  11-12pm: Preventing Interpersonal Violence  1-2pm: Ted Talk Series  6-7pm: Healthy Decision Making | 5. **Wear Your Festive Holiday Sweater**    \* **Agency Staff Meeting**  **EA Closed from 9am-12pm**  **(Re-opens at 2pm**)  1-2pm: Winter Community Resources  6-7pm: Gratitude Exercises | 6**. Christmas Card Day!**  10-11am: Design Christmas Cards  11-12pm: Finding your Passions  1-2pm: Creative Expressions  4-8pm: Spades Club |
| 9. **Gingerbread Houses!**  10-12pm: Gingerbread House Design Competition    1-2pm: Brain Teasers  5-9pm: Social Hour | 10. **Candy Cane Hunt!**  10-11am: Christmas Carol Rehearsal  11-12pm: Candy Cane Hunt  1-2pm: Calendar Planning  6-8pm: Board Game Tournament | 11. **Genesee ACE Open House** 10-12pm: Open rec activities  **\*Genesee ACE Open House**  **2pm-5pm**  **(Leave EA at 1:30pm)**  **6-7pm: Computer Skills Workshop (Guest Presenter)** | 12. **sELFie Day!**  10-11am: Christmas Carol Rehearsal  11-12pm: Christmas Photo Booth  1-3pm: Watch Holiday Movies  6-8pm: Communication in Tight Spots | 13. **Gratitude around the Holidays!**  **\*10-12pm: Thank You Cards (Englewood)**  1-2pm: Decorate EA for the Holidays    4p-8pm: Spades Club |
| 16. **Mis-Match Day!**  \*Dress mismatched Today  10-11am: Coping w/ Holiday Stress  11-12pm: Tis the season to sneeze  1-2pm: Brain Teasers  5-9pm: Social Hour | 17. **Holiday Trivia**  10-11am: Christmas Carol Rehearsal  11-12m: Holiday Trivia  1-2pm: Coffee & Conversation  6-8pm: Card Games Tournament | 18. **Dress Like Your Fav. Holiday Movie!**  10-12pm: Watch Holiday Movies  1-3pm: Watch Holiday Movies  6-7pm: Improving Self-Care | 19. **Christmas Caroling!**  **Weinberg Campus, McAuley Residence & City Mission**  **10am-3pm**  \*Locations subject to change | 20. **Cookies & Cocoa**  10-11am: Decorate Cookies  11-12pm: Bake Cookies & Hot Cocoa  1-2pm: Winter Fun in Buffalo  4-8pm: Spades Club |
| 23.  10-11am: Housing Search Workshop  11-12pm: Motivation Workshop  1-2pm: Brain Teasers  **\*6-8pm Festival of Lights (Hamburg Fairgrounds)** | 24.  10-11am: Self Care after the Holidays  11-12pm: Living w/o Substance Use  1-2pm: Ted Talk Series  5-7pm: Pool Tournament | 25.  **Merry Christmas!!!**  **(EA open from 10am-2pm)** | 26.  10-11am: Healthy Intimate Boundaries  11-12pm: Combatting Perfectionism  1-2pm: Universal Safety Precautions  6-8pm: Movie Club | 27.  **\*10-12pm: $1 Day at the Botanical Gardens**  1-2pm: Understanding Defense Mechanisms  4-8pm: Spades Club |
| 30.  10-11am: Decorating for NYE  11-12pm: Open rec activities  1-2pm: Open rec activities  5-9pm: Social Hour | 31.  10-11am: New Year’s Resolutions  11-12pm: Current Events  1-2pm: Brain Teasers  5-9pm: Social Hour | \*\* **EA Hours\*\***  Sunday 9a-1p  Monday 9a-9p  Tuesday 9a-9p  Wednesday: 9a-9p  Thursday: 9a-9p  Friday: 9a-9p  Saturday: 9a- 1p | **EA has UB Football & Bball Tickets!**  **See an EA staff to sign up to attend!** | [Image result for december](https://www.google.com/imgres?imgurl=https://abcchefsacademy.com/wp-content/uploads/2015/12/december-sign.gif&imgrefurl=https://abcchefsacademy.com/128/&docid=yaL5CQU2QKN0PM&tbnid=7fwPiqFzaQcrAM:&vet=10ahUKEwj-q8ur7eXeAhUnSN8KHSVoC1gQMwiJASgUMBQ..i&w=813&h=354&bih=760&biw=1600&q=december%20&ved=0ahUKEwj-q8ur7eXeAhUnSN8KHSVoC1gQMwiJASgUMBQ&iact=mrc&uact=8) |