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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 Rehearsal11-12pm: Adult Coloring w/ a Twist1-2pm: Coffee & Conversation6-8pm: 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 Passions1-2pm: Creative Expressions4-8pm: 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 Rehearsal11-12pm: 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 Today10-11am: Coping w/ Holiday Stress11-12pm: 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 Cocoa1-2pm: Winter Fun in Buffalo 4-8pm: Spades Club  |
| 23.10-11am: Housing Search Workshop11-12pm: Motivation Workshop 1-2pm: Brain Teasers **\*6-8pm Festival of Lights (Hamburg Fairgrounds)**  | 24. 10-11am: Self Care after the Holidays11-12pm: Living w/o Substance Use1-2pm: 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 Mechanisms4-8pm: 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 Resolutions11-12pm: 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 |