

# Clubhouse Buffalo


September, 2021

66 Englewood Ave, Buffalo, NY 14214

(716)832-2141 ext. 212, 217 or, 249

Hours for Ages 16-21 years of age

Monday to Friday 3 to 9pm

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
|  |  | <p><u>1 LGBTQ-DINNER-GUEST SPEAKER</u></p>     | <p>2 Nature Walk</p>   | <p>3 POETRY NIGHT</p>                |
| <p>6 <b>CLUBHOUSE CLOSED</b></p> <p><u>LABOR DAY</u></p> | <p>7 <u>TACO TUESDAY – NUTRITION TABLE Etiquette</u><br/>Healthy Choices</p>  | <p>8 <u>LGBTQ-DINNER</u></p>                   | <p>9 <u>TED TALK- Self Acceptance</u></p>                        | <p>10 <u>Fitness day</u></p>         |
| <p>13 <u>ART THERAPY</u></p>                             | <p>14 <u>TACO TUESDAY - NUTRITION</u><br/>Healthy Choices</p>                 | <p>15 <u>LGBTQ-DINNE-Communication</u></p>     | <p>16 <u>Karaoke Night – Exploring Health relationships</u></p>  | <p>17 <u>PEACE HUB</u></p>           |
| <p>20 <u>ART THERAPY</u></p>                             | <p>21 <u>TACO TUESDAY - NUTRITION</u><br/>Healthy Choices Food prep</p>     | <p>22 <u>LGBTQ-DINNER- Peer support</u></p>  | <p>23 <u>SWAN LAKE- DELAWARE Park</u></p>                      | <p>24 <u>RECOVERY SUPPORT</u></p>  |
| <p>27 <u>ART THERAPY</u></p>                             | <p>28 <u>TACO TUESDAY – NUTRITION</u><br/>Healthy Choices</p>               | <p>29 <u>LGBTQ-DINNER- Fitness day</u></p>   | <p>30 <u>Monthly Birthday Celebrations</u></p>                 |   |