



May 2025

International Tea Day May 21

World Lupus Day May 10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Clubhouse Buffalo 4 66 Englewood Ave Buffalo, NY 14214	 5 Let's explore Health, Wellness & Recovery	 6 Walking/Exercise If you could choose where you live where would it be?	 7 Etiquette Class Forks, Knives & Spoons?	1 Is there anything that motivates you? (no drugs or many for a answer) Clean trash on Broadway today!	2 Outside activities Lets grill Hotdogs and hamburgers!	3  10 National Clean Your Room Day!
11 Mother's Day National eat what you want day! (716)832-2141 EXT.217 cell#(716)361-5672 AGES 13-21 3pm-8pm Monday-Friday	12 TED TALK What you should know about vaping and e-cigarettes	13 Taco Tuesday Ice Cream Social/lets talk about change while we eat ice cream	14 If a pregnant woman take drugs/smokes/drinks alcohol what happens to her baby?	8 Game Day No ELECTRONICS!	9 Rose Garden Walk	10 National Clean Your Room Day!
11 Mother's Day National eat what you want day! (716)832-2141 EXT.217 cell#(716)361-5672 AGES 13-21 3pm-8pm Monday-Friday	12 TED TALK What you should know about vaping and e-cigarettes	13 Taco Tuesday Ice Cream Social/lets talk about change while we eat ice cream	14 If a pregnant woman take drugs/smokes/drinks alcohol what happens to her baby?	15 Bring a Friend Day	16 National Bike Day	17 National Clean Your Room Day!
11 Mother's Day National eat what you want day! (716)832-2141 EXT.217 cell#(716)361-5672 AGES 13-21 3pm-8pm Monday-Friday	19 Does addiction have a face? Express yourself through ART: Patched Hats	20 Taco Tuesday Nature Walk	21 Can you be addicted to ADHD or proscribed meds?	22 Guided Meditation	23 Roller Skating Night!	24 
11 Mother's Day National eat what you want day! (716)832-2141 EXT.217 cell#(716)361-5672 AGES 13-21 3pm-8pm Monday-Friday	26 Memorial Day CHB CLOSED	27 Taco Tuesday Let's Play some games together in a group? Clubmembers choose the game!	28 Hygiene Day Let's Talk! Is hygiene important to you?	29 Music Therapy Make a music playlist from the years 1990-1999 music only	30 Nature walk@ Glenn Falls Your paragraph text	31 World No Tobacco Day

