



VISIT THE EMPOWERMENT ACADEMY

**327 ELM STREET, BUFFALO, NY
14203 (716)-884-5216
EXT. 498**

OUR HOURS:

**MONDAYS-FRIDAYS: 9A-9P
SATURDAYS AND SUNDAYS: 9A-1P**

LUNCHEDES SERVED M-F, 12 - 1 P.M.

DINNER SERVED M-F, 5 - 6 P.M.

HOLIDAY DINNER, 12/25, 10A.M. - 2 P.M.

**MYSTERY MONDAYS WILL
BEGIN AGAIN THIS MONTH!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				NATIONAL AUTHOR DAY! 9:30A-10A: MORNING MEETING 11A-12P TRIVA 12P-1P: LUNCH AND CLEAN-UP 2P--3P 5P-6P: DINNER AND CLEAN-UP 6P - 7P: GAME GROUP 8P-8:45 CLEAN UP
HOMEMADE CANDY DAY! 9:30A-10A: MORNING MEETING 11P -12P: ART GROUP/WRITING 12P - 1P: LUNCH AND CLEAN-UP 1P-3P: MYSTERY MONDAY 2P-3P: 5P-6P: DINNER AND CLEAN -UP 6P-7P GAME GROUP 8P-8:45P: CLEAN UP	NATIONAL STRESS DAY! 9:30A-10A-MORNING MEETING 11A-12P: HOW TO DEAL WITH STRESS 12P-1P: LUNCH AND CLEAN-UP 2P-3P: LIFE AREA GOALS 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8-8:45: CLEAN UP	NATIONAL NACHO DAY! 9:30A-10A: MORNING MEETING 11A-12P: SHARE MEAL IDEAS 12P-1P: LUNCH AND CLEAN-UP 2P-3P: STAFF MEETING 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45: CLEAN UP	FITS TRAINING - 9A-11A NO EA SERVICES DURING THIS TIME 11:30A-12P: MORNING MEETING 1P - 2P: GOAL SETTINGS 3P-4P: GROUP IDEAS 5P-6:P: DINNER AND CLEAN-UP 6P - 7P - GAME GROUP 8P - 8:45P CLEAN - UP	9:30A-10A: MORNING MEETING 11A-12A: MANAGING EXPECTATIONS 12P-1P - LUNCH AND CLEAN UP 2P-3P: LIFE SKILLS 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP
VETERANS DAY! 9:30A-10A: MORNING MEETING 11A - 12P: TRIVIA GAME 12P-1P: LUNCH AND CLEAN-UP 1P-3P: MYSTERY MONDAY 2P - 3P: 5P-6P:DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P CLEAN-UP	NATIONAL CHICKEN SOUP DAY! 9:30A-10A-MORNING MEETING 11A-12P: HOW TO DEAL WITH STRESS 12P-1P: LUNCH AND CLEAN-UP 2P-3P: SPANISH 101 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8-8:45: CLEAN-UP	9:30A-10A: MORNING MEETING 11A-12P: WELLNESS WALK 12P-1P: LUNCH AND CLEAN-UP 2P-3P: STAFF IN MEETING 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45: CLEAN -UP	NATIONAL PICKLE DAY! 9A-10:00A: MORNING MEETING 11A-12P: APARTMENT HUNTING HOW TO 12P-1P: LUNCH AND CLEAN-UP 2P-3P: TAROT READINGS 5P-6P: DINNER AND CLEAN-UP 6P-7PM GAME GROUP 8P-8:45: CLEAN-UP	NATIONAL RECYCLES DAY! 9:30A-10A: MORNING MEETING 11A-12P: LIFE AREA GOALS 12P-1P: LUNCH AND CLEAN-UP 2P-3P: WHY RECYCLING IS IMPORTANT 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP
MICKEY MOUSE BIRTHDAY! 9:30A-10A: MORNING MEETING 11A-12P: ART GROUP/WRITING 12P-1P: LUNCH AND CLEAN-UP 1P-3P: MYSTERY MONDAY 2P-3P: TENANTS RIGHTS 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45: CLEAN-UP	NATIONAL CARBONATED BEVERAGE DAY! 9:30A-10A-MORNING MEETING 11A-12P: BINGO 12P-1P: LUNCH AND CLEAN-UP 2P-3P: SPINISH 101 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP	NATIONAL ABSURDITY DAY! 9:30A-10A: MORNING MEETING 11A-12P: EMOTIONAL CHARADES 12P-1P: LUNCH AND CLEAN-UP 2P-3P: STAFF MEETING 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP	NATIONAL GINGERBREAD COOKIE DAY! 9A-10:00A: MORNING MEETING 11A-12P: CONSTRUCTION PAPER GINGER BREAD MEN/WOMEN 12P-1P: LUNCH AND CLEAN-UP 2P-3P: GINGER BREAD CREATIONS 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P CLEAN-UP	9:30A-10A: MORNING MEETING 11A-12P: COMMUNICATION 12P-1P: LUNCH AND CLEAN-UP 2P-3P: DEALING WITH EMOTIONS 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP
NATIONAL BLASE' DAY! 9:30A-10A: MORNING MEETING 11A-12P: SPANISH 101 12P-1P: LUNCH AND CLEAN-UP 1P-3P: MYSTERY MONDAY 2P-3P: 5P-6P: DINNER AND CLEAN-UP 6P-7PP: GAME GROUP 8P-8:45P: CLEAN-UP	NATIONAL CAKE DAY! 9:30A-10A-MORNING MEETING 11A-12P: WELLNESS WALK 12P-1P: LUNCH AND CLEAN-UP 2P-3P: SPANISH 101 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP	NATIONAL BEEF JERKY DAY! 9:30A - 10A: MORNING MEETING 11A - 12P: KAROKE 12P-1P: LUNCH AND CLEAN-UP 2P - 3P: STAFF IN MEETING 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP	10A-2P Happy Thanksgiving	9:30A-10A: MORNING MEETING 11A-12P: TRIVA GAME 12P-1P: LUNCH AND CLEAN-UP 2P-3P: GRADITUDE GROUP 5P-6P: DINNER AND CLEAN-UP 6P-7P: GAME GROUP 8P-8:45P: CLEAN-UP