

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
Closed	<u>National Recovery Month</u>			Coffee & Conversation 10:00am – 11:00am Creative Corner Art Vision Board, Draw, Create 1:00pm – 3:00pm Yoga with Liz & Sarah 6:00pm - 7:15pm <b>Play: Least Resistance            Evergreen Commons</b> 7:00pm-8:45pm	Munch Bunch Snack n Chat 9:00am – 10:00am SMART Recovery Meeting 10:00am -12:00pm
4	5	6	7	8	9
Closed	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement “Walk and Talk “ 11:00am – 12:00pm Yoga with Liz & Sarah 3:30pm - 4:45pm	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement (closed activity- visitors) 12:45pm – 2:00pm AA Meeting 6:30pm - 7:30pm	Coffee & Conversation 10:00am – 11:00am Computer lab 1:00pm – 3:00pm Coloring (adult) 4:15pm – 5:00pm	Coffee & Conversation 10:00am – 11:00am 10am - Lighthouse Activity Team Building Pizza & Game Night Video Games, Board Games 5:00pm – 7:00pm Yoga with Liz & Sarah 6:00pm - 7:15pm	Munch Bunch Snack n Chat 9:00am – 10:00am SMART Recovery Meeting 10:00am - 11:30am <b>Out of Darkness Walk            Delaware Park</b> 10:00am – 12:00pm
11	12	13	14	15	16
Closed	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement “Mindfulness & Meditation” 11:00am – 12:00pm Yoga with Liz & Sarah 3:30pm - 4:45pm	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement (closed activity- visitors) 12:45pm – 2:00pm Family & Friends with Stacy 6:00pm – 7:00pm AA Meeting 6:30pm - 7:30pm	Coffee & Conversation 10:00am – 11:00am Chat n’ Chew 12:00pm – 2:00pm <b>Staff Meeting            Center Closed</b> 3:00pm – 5:00pm	Coffee & Conversation 10:00am – 11:00am Bingo and Pizza Night 5:00pm – 7:00pm Yoga with Liz & Sarah 6:00pm - 7:15pm	Munch Bunch Snack n Chat 9:00am – 10:00am SMART Recovery Meeting 10:00am -11:30am
18	19	20	21	22	23
Closed	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement Word Shop-poetry writing 11:00am – 12:00pm “Bored” games 2:00pm – 4:00pm	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement (closed activity- visitors) 12:45pm – 2:00pm Cooking 4:15pm - 7:15pm AA Meeting 6:30pm - 7:30pm	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement Assertiveness 11:00am – 12:00pm Coffee House 4:00pm – 5:00pm	Coffee & Conversation 10:00am – 11:00am Lighthouse Activity Team Building - 10am Recovery Month Movie & Pizza 6:00pm – 8:00pm	Munch Bunch Snack n Chat 9:00am – 10:00am SMART Recovery Meeting 10:00am -11:30am

25	26	27	28	29	30
Coffee & Conversation 10:00am – 11:00am Recovery Enhancement "Mindfulness & Meditation" 11:00am – 12:00pm Computer lab 2:00pm – 4:00pm	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement (closed activity- visitors) 12:45pm – 2:00pm Family & Friends with Stacy 6:00pm – 7:00pm AA Meeting 6:30pm - 7:30pm	Coffee & Conversation 10:00am – 11:00am Recovery Enhancement Assertiveness 11:00am – 12:00pm Volunteer Orientation 2:00pm – 3:00pm	Coffee & Conversation 10:00am – 11:00am Open Center 1:00pm – 4:00pm <b>Celebrate Recovery Recovery Jam</b> 6:30pm - 7:30pm Me & You Band	Munch Bunch Snack n Chat 9:00am – 10:00am SMART Recovery Meeting 10:00am -11:30am	
<b>HIGHLIGHTS FOR SEPTEMBER 2017</b>		<u>Smart Recovery Meeting</u> SMART Recovery is an alternative program for those interested in dealing with addictions. SMART stands for Self-Management And Recovery Training. Saturdays 10:30am to 11:30am	<u>Recovery Enhancement</u> Interactive activities to improve participants understanding of wellness and the physical, emotional, mental and spiritual activities connected to improved well-being.	<u>Let's Go</u> Outing activities to improve functioning and provide exposure to places of interest including libraries, museum's grocery stores and regional attractions.	
<u>Out of Darkness Walk</u> Join us at Delaware Park as we help increase awareness of suicide prevention	<u>Journey of Hope</u> Experiential session that encourages participants to share the events, circumstances and people that have encouraged and supported them in the change process.	<u>Chef it Up (Cooking)</u> We are changing our Wednesday cooking class to once monthly from 4:15pm to 7pm. Pre-registration required. Call the center and speak to Shawn to get set up.	<u>Yoga With Liz and Sarah</u> Join us for the experience of Yoga at the center. Anne will offer sessions on Tuesday afternoon from 3:30pm to 4:45pm and Wednesday evening from 6pm to 7:15pm. FREE		

### CENTER HIGHLIGHTS:

**Yoga with Liz and Sarah :** Join us as our new instructors Elizabeth and Sarah guide you with Trauma-informed gentle Yoga

**Chat n' Chew:** Lunch, good conversation and connection

**LEAST RESISTANCE:** Join us in recognition of Overdose Awareness Day and Recovery month with this groundbreaking Play

**Family and Friends in Support of Recovery:** Free Community Discussion group for family and friends impacted by addiction

**Munch Bunch:** Snacks, soft drinks and recovery supportive friends and talk

**69 Linwood Ave., Buffalo, NY 14209**

**716-424-0021**

Hours: Tuesday & Thursday 10 am to 5 pm, Wednesday & Friday 10 am to 8 pm, Saturday 9 am to 12 noon

[www.lake-shore.org](http://www.lake-shore.org)