

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4
Closed		Coffee & Conversation 10am - 11am Recovery Enhancement Thank you cards Holiday Card 12:45pm - 3pm	Coffee & Conversation 10am - 11am Chat n Chew-Chili 3:30pm - 5pm Project Homeless Connect 10am-4pm (tabling)	Coffee & Conversation 10am - 11am Lighthouse Activity - 10am Let Go Balloons Celebrate lost loved one's 1pm - 3pm Pizza and Movie night 6pm - 7:30pm	Share and Aware Journal/Talk 9am - 10am SMART Recovery Meeting 10:00am -12pm
6	7	8	9	10	11
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement Lunch and learn Recovery Center Supports 12pm - 2pm Open Center 3pm - 5pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity) 12:45pm - 2pm Family & Friends with Stacy 6pm-7pm Cooking 4:15pm -7pm	Coffee & Conversation 10am - 11am Hep C Overview 1:30pm - 2:30pm Recovery Enhancement Encouraging Words 3pm - 5pm	Coffee & Conversation 10am - 11am Job Readiness HR Resources 1pm - 3pm Recovery Speaker 6pm -7pm	Munch Bunch Snack n Chat 9am - 10am SMART Recovery Meeting 10am -12pm
13	14	15	16	17	18
Closed	Coffee & Conversation 10am - 11am Street Outreach 12pm - 3pm Open Center 4pm - 5pm	Coffee & Conversation 10am - 11am Recovery Coach Meet-up 12pm - 1pm Recovery Enhancement (closed activity) 12:45pm - 2pm	Coffee & Conversation 10am - 11am Recovery Enhancement Self Care Activities Pamper yourself 1pm - 3pm	Coffee & Conversation 10am - 11am Lighthouse Activity - 10am Health Systems Change Ctr Smoking Cessation 1pm - 2pm Karaoke Night 6pm - 7:30pm	Munch Bunch Snack n Chat 9am - 10am SMART Recovery Meeting 10am -12pm
20	21	22	23	24	25
Closed	Coffee & Conversation 10am - 11am Hope and gratitude Luncheon 12pm - 2:30pm Recovery Discussion/Panel 3pm - 4:30pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity) 12:45pm - 2pm Thanksgiving Chef it up Cooking 4:15-7pm	Thanksgiving Closed	Closed	Share and Aware Journal/Talk 9am - 10am SMART Recovery Meeting 10am -12pm

27	28	29	30	
Coffee & Conversation 10am - 11am Street Outreach 12pm - 3pm Open Center 4pm - 5pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity- visitors) 12:45pm - 2pm Family & Friends with Stacy 6pm - 7pm	Coffee & Conversation 10am - 11am Recovery Enhancement Encouraging Words 3pm - 5pm	PROJECT HOMELESS CONNECT Buffalo Niagara Convention Center November 2, 2017 10:00AM - 4:00PM	
HIGHLIGHTS FOR NOVEMBER 2017 BESTSELF MONTH	<u>Managing Life 101</u> Managing life is a program designed to give participants a process to navigate life more effectively.	<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>Hope and Gratitude Luncheon</u> Join us for this body and spirit nurturing luncheon as we celebrate the season of Thanksgiving and share our hope and gratitude for Recovery.	<u>Peer Skills Group</u> Interactive sessions to help peers to learn and use healthy communication skills in their daily life and interactions.	<u>Encouraging Words</u> Find encouragement with affirming words and put together your special container	

CENTER HIGHLIGHTS:

Chef it up: We continue with our Wednesday cooking class from 4:15pm to 7pm. Pre-registration required. Call the center and speak to any staff person to sign up.

Family and Friends in Support of Recovery: Join us for a free Community Discussion group for family and friend impacted by addiction

Hope and Gratitude Luncheon: Join us as we show gratitude and appreciation in this season of thanksgiving. Food, fun and community. RSVP to attend.

Recovery Discussion/Panel: Our inspirational panel shares their experience, strength and hope for recovery

Karaoke Night: Come out and be a singing star at our first every Karaoke night. Join the BRC staff for a night of song and fun!

Understanding Hep C: Come get the latest information about Hep C and its treatment

Smoking Cessation: The Health Systems Change Center will provide an overview of evidence based treatment for nicotine dependence.

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