

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement "Mindfulness & Meditation" 11am - 12pm Video Gaming 3pm - 4:30pm	Coffee & Conversation 10:00am - 11am Recovery Enhancement (closed activity- visitors) 12:45- 2pm Wellness Wheel Activity 3pm - 5pm Open Center - 6pm - 8pm	Coffee & Conversation 10am - 11am Computer Lab 1pm - 3pm Coloring (adult) 4pm - 5pm	Coffee & Conversation 10am - 11am 10am Lighthouse Activity Team Building Creative Corner Art Vision board, Draw, Create 1pm - 3pm Game Night - 5pm - 7pm	Share and Aware Journal/Talk 9am - 10am SMART Recovery Meeting 10am -11:30am
9	10	11	12	13	14
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement "Mindfulness & Meditation" 11am - 12pm Open Center - 3pm -4:30pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity- visitors) 12:45- 2pm Family & Friends with Stacy 6pm - 7pm	Coffee & Conversation 10am - 11am Financial Fitness overview 11am 12pm Chat n' Chew 2pm - 4pm	Coffee & Conversation 10am - 11am Resume Writing Workshop 1pm - 2:30pm Bingo and Pizza Night 5pm - 7pm	Munch Bunch Snack n Chat 9am - 10am SMART Recovery Meeting 10am -11:30am
16	17	18	19	20	21
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement "Self-Care" 11am - 12pm "Bored" Games 3pm - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity- visitors) 12:45 - 2pm Collage Work Shop Series Restoration Society 5:30-7:30pm	Coffee & Conversation 10am - 11am Chat n' Chew 2pm - 3:30pm Family Support Session 4pm - 5pm	Coffee & Conversation 10am - 11am Lighthouse Activity Team Building - 10am Halloween Costume Party Fun, food and friends 6pm - 7:30p	Munch Bunch Snack n Chat 9am - 10am SMART Recovery Meeting 10am -11:30am
23	24	25	26	27	28
Closed	Coffee & Conversation 10am - 11am Recovery Enhancement "Chatter Box" 11am - 12pm Journey of Hope 3pm - 4pm	Coffee & Conversation 10am - 11am Recovery Enhancement (closed activity- visitors) 12:45 - 2pm Family & Friends with Stacy 6pm - 7pm Cooking 4:15pm - 7pm	Coffee & Conversation 10am - 11am Cornell Cooperative Healthy Eating Workshop 2pm - 3pm Coffee House 4pm - 5pm	Coffee & Conversation 10am - 11am 10am -Lighthouse Activity Team Building Open Center 1pm - 5pm Drumming circle - 6pm - 7pm	Share and Aware Journal/Talk 9am - 10am SMART Recovery Meeting 10am -11:30am Save the Michael's 5k Run @ Delaware Park

30	31			
	Coffee & Conversation 10:00am - 11am Recovery Enhancement "Time Management" 11am - 12pm Recovery Discussion 2pm – 4pm			Family Support Session Learning how to deal with a loved one's substance use can be hard. Join us for helpful information, support and education for family members.
				Save the Michael's 5k Run @ Delaware Park 10am- 12pm Join the "team" at the BestSelf Recovery Community and help raise awareness of the opioid/heroin epidemic plaguing our community
HIGHLIGHTS FOR OCTOBER 2017	<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>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>Peer Skills Group</u> Interactive sessions to help peers to learn and use healthy communication skills in their daily life and interactions.	<u>Friday Feature Series</u> Fun, unique and interesting sessions that highlight individual talents and skills. Designed to help participants build esteem and improved self-awareness.	

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 Mariana or Shawn to get set up.

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

Save the Michael's 5K run: Join our BestSelf Recovery Community Team and help us raise awareness and promote RECOVERY.

Halloween Costume Party: Come out and have fun at our first Halloween Costume party.

Family Support Session: Let us help you establish stability in your family and learn about supportive resources.

Collage Workshop @ Restoration Society: October 18, join us for a fun evening of art making at the Restoration Society. RSVP to ride with us at 5:30pm or meet us there at 66 Englewood Avenue, Buffalo. The event starts at 6pm and is free.

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