

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1					
Closed		SEPTEMBER 2018 NATIONAL RECOVERY MONTH			Share and Aware Journal/Talk 9:00am-10:00am SMART Recovery Meeting 10:00am -11:30am
3		4		5	
Closed	Coffee & Conversation 10:00am-11:00am Walk n Talk 1:00pm-2:00pm Labor Day Recovery Cookout 3:00pm-4:30pm	Peer Supervision Group 10am-12pm Center Opens at 1pm Recovery Enhancement "Healthy Relationships" 2:30pm-3:30pm New Life Activity 4:15-7:00pm NA RECOVERY MEETING 5:00pm-6:30pm	Coffee & Conversation 10:00am-11:00am Explore Yoga w/Carol 1:30pm -2:30pm Creative Corner Recovery Art 4:00pm-5:00pm	Coffee & Conversation 10:00am-11:00am Recovery Coaching 1:00pm-2:00pm Recovery Month Movie & Pizza Night 5:00pm-7:30pm	Munch Bunch Snack n Chat 9:00am - 10:00am SMART Recovery Meeting 10:00am -11:30am
10		11		12	
Closed	Coffee & Conversation 10:00am-11:00am Walk n Talk 1:00pm-2:00pm Bingo 3:00pm-4:30pm	Lighthouse Activity 10:30am-11:45am Recovery Enhancement "Healthy Relationships" 2:30pm-3:30pm Chef It Up (Pre-registration Required) 4:15pm-7:00pm NA RECOVERY MEETING 5:00pm-6:30pm	Coffee & Conversation 10:00am-11:00am Budget Planning 2:00pm-3:30pm Creative Corner Write your recovery story 4:00pm-5:00pm	Coffee & Conversation 10:00am-11:00am Peer Skills Group 11:00am - 12:00pm Recovery Jam Jim Candytree & the Band 6:00pm-7:30pm	Munch Bunch Snack n Chat 9:00am -10:00am SMART Recovery Meeting 10:00am -11:30am
17		18		19	
Closed	Coffee & Conversation 10:00am-11:00am Walk n Talk 1:00pm-2:00pm Board Game Day 3:00pm-4:30pm	Lighthouse Activity 10:30am-11:45am Recovery Enhancement "Healthy Relationships" 2:30pm-3:30pm New Life Activity 4:15pm-7:00pm NA RECOVERY MEETING 5:00pm-6:30pm	Coffee & Conversation 10:00am-11:00am Explore Yoga w/Carol 1:30pm -2:30pm Journey of Hope Recovery Discussion 3:30pm-4:30pm	Coffee & Conversation 10:00am-11:00am Peer Skills Group 1:00pm-2:00pm Drum Circle @ Delaware Park 5:00pm-6:30pm	Share and Aware Journal/Talk 9:00am -10:00am SMART Recovery Meeting 10:00am -11:30am
17		18		19	
20		21		22	

24	25	26	27	28	29
Closed	Coffee & Conversation 10:00am-11:00am Walk n' Talk 1:00pm-2:00pm Chat n' Chew 3:30pm-4:30pm	Lighthouse Activity 10:30am-11:45am Recovery Enhancement "Healthy Relationships" 2:30pm-3:30pm Chef It Up (Pre-registration Required) 4:15pm-7:00pm NA RECOVERY MEETING 5:00pm-6:30pm	Coffee & Conversation 10:00am-11:00am Let's Go! Buffalo Museum of Science 2:00pm-4:00pm	<u>RECOVERY CELEBRATION</u> Coffee & Conversation 10:00am-11:00am Voices in Recovery Walk 2:00pm-3:30pm Recovery Line Dancing 5:00pm-7:00pm	Share and Aware Journal/Talk 9:00am -10:00am SMART Recovery Meeting 10:00am -11:30am

HIGHLIGHTS FOR JULY 2018	<u>Yoga</u> Stretch the body and quiet the mind with Yoga led by Carol. Carol will guide participants in a calming, light yoga session. No experience necessary.	<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 process of change.	<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:

New Member Enrollment Month: Make a new commitment to your recovery! Sign up as a member of the Recovery Community and make this September the start to building your foundation for your recovery journey. *See A Recovery Coach to join.*

Fitness in the Park: Join us as we participate in the Independent Health Fitness in the park program. *(Various locations)*

Let's Go: Come with us as we venture to an exciting place of interest around the beautiful city of Buffalo.

Drum Circle: Carol (our yoga instructor, will lead us in some beats and solidarity. In this group, we all move as one.

Recovery Celebration: Join us for our first "Voices in Recovery" Walk and enjoy a community cookout and some line dancing afterwards.

Walk n' talk: Join us for a fun filled walking activity to enjoy the outdoors, good conversation and light exercise. *Contact the center to register/RSVP"*

Chat n' Chew: Good food and good recovery discussion.

Chef it up: We continue with our Wednesday cooking class from 4:15pm to 7:00pm. *Pre-registration required.* Call the center to get set up.

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.bestselfwny.org