

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
Closed	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Mid-Day Masterpieces</b> 12:30pm-1:30pm</p> <p><b>Walk &amp; Talk</b> 1:30pm-2:30pm</p> <p><b>Chat n' Chew</b> 3:00pm-4:30pm</p>	<p><b>CENTER OPENS AT 1:00PM</b></p> <p><b>Recovery Enhancement</b> 2:30pm-3:30pm</p> <p><b>New Life Activity</b> 4:15pm-7:00pm</p> <p><b>NA RECOVERY MEETING</b> 5:00pm-6:30pm</p>	Center Closed	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Nutrition Workshop</b> 2:00pm-3:00pm</p> <p><b>Yoga with Katie</b> 4:30pm-5:30pm</p> <p><b>Ice Cream Social</b> 5:00pm-7:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>SMART Recovery Meeting</b> 10:00am -11:30am</p>
8	9	10	11	12	13
Closed	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Mid-Day Masterpieces</b> 12:30pm-1:30pm</p> <p><b>Walk &amp; Talk</b> 1:30pm-2:30pm</p> <p><b>The Heart of Gratitude</b> 3:00pm-4:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Lighthouse Activity</b> 10:30am-11:45am</p> <p><b>Recovery Enhancement</b> 2:30pm-3:30pm</p> <p><b>Chef it Up!</b> 4:15pm-7:00pm</p> <p><b>NA RECOVERY MEETING</b> 5:00pm-6:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Explore Yoga with Carol</b> 1:30pm-2:30pm</p> <p><b>Journal Your Heart Out Pt. 2</b> 3:00pm-4:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Nutrition Workshop</b> 2:00pm-3:00pm</p> <p><b>Yoga with Katie</b> 4:30pm-5:30pm</p> <p><b>Pizza and Movie Night</b> 5:00pm-7:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Parents In Recovery Meeting</b> 10:00am-11:00am</p> <p><b>SMART Recovery Meeting</b> 10:00am -11:30am</p>
15	16	17	18	19	20
Closed	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Mid-Day Masterpieces</b> 12:30pm-1:30pm</p> <p><b>Walk &amp; Talk</b> 1:30pm-2:30pm</p> <p><b>Creative Corner</b> 3:00pm-4:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Lighthouse Activity</b> 10:30am-11:45am</p> <p><b>Recovery Enhancement</b> 2:30pm-3:30pm</p> <p><b>New Life Activity</b> 4:15pm-7:00pm</p> <p><b>NA RECOVERY MEETING</b> 5:00pm-6:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Walk &amp; Talk</b> 1:30pm-2:30pm</p> <p><b>Creative Corner</b> 3:00pm-4:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Nutrition Workshop</b> 2:00pm-3:00pm</p> <p><b>Yoga with Katie</b> 4:30pm-5:30pm</p> <p><b>Karaoke Night</b> 5:00pm-7:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>SMART Recovery Meeting</b> 10:00am -11:30am</p>

22	23	24	25	26	27
<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Mid-Day Masterpieces</b> 12:30pm-1:30pm</p> <p><b>Walk &amp; Talk</b> 1:30pm-2:30pm</p> <p><b>The Family and You</b> 3:00pm-4:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Lighthouse Activity</b> 10:30am-11:45am</p> <p><b>Recovery Enhancement</b> 2:30pm-3:30pm</p> <p><b>Chef it Up!</b> 4:15pm-7:00pm</p> <p><b>NA RECOVERY MEETING</b> 5:00pm-6:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Explore Yoga with Carol</b> 1:30pm-2:30pm</p> <p><b>Jewelry with Jane</b> 3:00pm-4:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Nutrition Workshop</b> 2:00pm-3:00pm</p> <p><b>Yoga with Katie</b> 4:30pm-5:30pm</p> <p><b>Out and About- Good Charamel Records</b> 5:00pm-7:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Parents In Recovery Meeting</b> 10:00am-11:00am</p> <p><b>SMART Recovery Meeting</b> 10:00am -11:30am</p>	
29	30	31	<div style="border: 1px solid black; padding: 10px;"> <p><b>BestSelf's Recovery Community</b> 69 Linwood Ave, Buffalo NY, 14209 716-424-0021   BestSelfWNY.org <b>Hours: Tuesday &amp; Thursday: 10am-5pm</b> <b>Wednesday &amp; Friday: 10am-8pm</b> <b>Saturday: 9am-12pm</b> <b>Find us on Facebook!</b></p> </div>		
<p><b>Closed</b></p> <p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Mid-Day Masterpieces</b> 12:30pm-1:30pm</p> <p><b>Walk &amp; Talk</b> 1:30pm-2:30pm</p> <p><b>Creative Corner</b> 3:00pm-4:30pm</p>	<p><b>A Fresh Start</b> 10:00am-11:00am</p> <p><b>Daily Fitness Activity</b> 10:00am-11:00am</p> <p><b>Lighthouse Activity</b> 10:30am-11:45am</p> <p><b>Recovery Enhancement</b> 2:30pm-3:30pm</p> <p><b>New Life Activity</b> 4:15pm-7:00pm</p> <p><b>NA RECOVERY MEETING</b> 5:00pm-6:30pm</p>				

<p><b>HIGHLIGHTS FOR JULY 2019</b></p>	<p><b><u>Jewelry With Jane</u></b> Come by and make your own jewelry.</p>	<p><b><u>Yoga</u></b> 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.</p>	<p><b><u>Recovery Enhancement</u></b> Interactive activities to improve participants understanding of wellness and the physical, emotional, mental and spiritual activities connected to improved well-being.</p>	<p><b><u>Out and About</u></b> Outing activities to improve functioning and provide exposure to places of interest including libraries, museum's grocery stores and regional attractions.</p>
<p><b><u>Chat n' chew</u></b> Good food and good recovery discussion</p>	<p><b><u>Mid-Day Masterpieces</u></b> Get creative with our artistic workshop</p>	<p><b><u>A Fresh Start</u></b> Join us for a cup of coffee and a group discussion to help get your day started.</p>	<p><b><u>Daily Fitness Activity</u></b> Every day we will be hosting an activity to stay active.</p>	<p><b><u>Center without Walls- Stuzman Activity</u></b> Taking center programing to people who cannot come to us every other Friday afternoon.</p>
<p><b><u>Chef it up</u></b> Cooking Class! Call the center to pre-register.</p>				