

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				1		2		3	
				A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Walk & Talk 1:30pm-2:30pm Chat n' Chew: 3:00pm-4:30pm		A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Nutrition Workshop 2:00pm-3:00pm Art Night: 5:00pm-7:30pm		A Fresh Start 9:00am-10:00am Daily Fitness Activity 9:00am-10:00am SMART Recovery Meeting: 10:00am -11:30am	
6		7		8		9		10	
A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Mid-Day Masterpieces 12:30pm-1:30pm Walk & Talk 1:30pm-2:30pm The Family and You 3:00pm-4:30pm		CENTER OPENS AT 1:00PM Recovery Enhancement 2:30pm-3:30pm Chef it Up! 4:15pm-7:00pm Recovery Toolbox 5:00pm-6:00pm NA RECOVERY MEETING 5:00pm-6:30pm		A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Explore Yoga with Carol 1:30pm-2:30pm Baking with Amanda 3:00pm-4:30pm		A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Nutrition Workshop 2:00pm-3:00pm Yoga with Katie 4:30pm-5:30pm Pizza and Movie Night 5:00pm-7:30pm		A Fresh Start 9:00am-10:00am Daily Fitness Activity 9:00am-10:00am Breakfast & Inspirational Speaker: 10:00am-11:00am Parents In Recovery 10:00am-11:00am SMART Recovery Meeting: 10:00am -11:30am	
13		14		15		16		17	
A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Mid-Day Masterpieces 12:30pm-1:30pm Walk & Talk 1:30pm-2:30pm Creative Corner: 3:00pm-4:30pm		A Fresh Start: 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Recovery Enhancement 2:30pm-3:30pm Recovery Toolbox 5:00pm-6:00pm NA RECOVERY MEETING 5:00pm-6:30pm		A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Walk & Talk 1:30pm-2:30pm Creative Corner 3:00pm-4:30pm		A Fresh Start 10:00am-11:00am Daily Fitness Activity 10:00am-11:00am Nutrition Workshop 2:00pm-3:00pm Yoga with Katie 4:30pm-5:30pm Bingo Night: 5:00pm-7:30pm		A Fresh Start 9:00am-10:00am Daily Fitness Activity 9:00am-10:00am SMART Recovery Meeting 10:00am -11:30am	
20		21		22		23		24	
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27	28	29	30	31
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<p>HIGHLIGHTS FOR AUGUST 2019</p>	<p><u>Lighthouse Activity</u> This activity occurs every Wednesday morning and is closed to residents of the Lighthouse.</p>	<p><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.</p>	<p><u>Out and About</u> Outing activities to improve functioning and provide exposure to places of interest including libraries, museum's grocery stores and regional attractions.</p>	
	<p><u>New Life Activity</u> This activity occurs every other Wednesday evening and is closed to residents of New Life Residential.</p>	<p><u>A Fresh Start</u> Join us for a cup of coffee and a group discussion to help get your day started.</p>	<p><u>Daily Fitness Activity</u> Every day we will be hosting an activity to stay active.</p>	<p><u>Center without Walls: Stuzman Activity</u> Taking center programing to people who cannot come to us every other Friday afternoon.</p>
	<p><u>Creative Corner:</u> Join us for a fun craft activity!</p>	<p><u>Walk and talk:</u> Join us as we walk around the neighborhood and engage in healthy recovery discussions.</p>	<p><u>Recovery Toolbox:</u> A workshop that will give you skills to help guide you through your recovery, such as mindfulness and meditation.</p>	

BestSelf's Recovery Community
 69 Linwood Ave, Buffalo, NY 14209
 716-424-0021 | BestSelfWNY.org
Hours:
Tuesday & Thursday: 10am-8pm
Wednesday & Friday: 10am-8pm
Saturday: 9am-12pm