




APRIL 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Recovery Reelz Creative Writing Laundry 4 Love</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>2 <u>AM Groups 9-11:30</u> Chair Aerobics Heal Your Life Circle of Support St Vincent DePaul Volunteer A.I. Recovery Reelz HERO</p> <p><u>PM Groups 12:30-3</u> Anger Management Craft Nation</p>	<p>3 REN closed for All Staff</p>  <p><i>Remember to cancel your rides!</i></p>	<p>4 <u>AM Groups 9-11:30</u> Circuit Training Heal Your Life Fresh Start St Vincent DePaul Volunteer Power of Positivity Computer Basics Recovery Reelz</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery</p> <p><u>REN@Nite 3-7:30p</u> REN will be open late for extra activities and a great dinner!</p>	<p>5 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Recovery Reelz Tea Time LGBTQ+ Camp Open Sky Bisbee</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p> 	<p>6 Saturday Services 7:30AM-2:30PM Gilbert Village Global Festival (Off-Site Activity) Activity Info: Check out this multicultural event celebrating diversity in our community!</p>  <p><i>*Activity subject to change</i></p>
<p>8 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Fresh Cutz Creative Writing Recovery Reelz</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>9 <u>AM Groups 9-11:30</u> Chair Aerobics Heal Your Life Circle of Support St Vincent DePaul Volunteer Open Discussion Recovery Reelz HERO</p> <p><u>PM Groups 12:30-3</u> Anger Management Craft Nation</p> 	<p>10 <u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge HERO/TeaTime</p> <p><u>PM Groups 12:30-3</u> Women's Group To Boundary or Not to Boundary Men's Group Book Club</p> 	<p>11 REN is going to Connections Conference! Sign up at renaz.org/events</p>  <p><i>REN On-Site Activities will be cancelled</i></p>	<p>12 <u>AM Group 9-11:30</u> Fun Fact Friday Connections Conference Bingo Recovery Reelz</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p> 	<p>13 Saturday Services 7:30AM-2:30PM SaturTalk: Enhancing Communication Skills (On-Site Activity) Activity Info: Explore different ways to improve communication with fun group activities!</p>  <p><i>*Activity subject to change</i></p>
<p>15 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Recovery Reelz Creative Writing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>16 <u>AM Groups 9-11:30</u> Chair Aerobics Heal Your Life Circle of Support St Vincent DePaul Volunteer Mobile Phone Applications HERO Recovery Reelz</p> <p><u>PM Groups 12:30-3</u> Anger Management Craft Nation</p>	<p>17 <u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge HERO/TeaTime</p> <p><u>PM Groups 12:30-3</u> Women's Group To Boundary or Not to Boundary Men's Group Book Club</p>	<p>18 <u>AM Groups 9-11:30</u> Circuit Training Heal Your Life Fresh Start St Vincent DePaul Volunteer Power of Positivity Recovery Reelz MS Word</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery <u>REN@Nite 3-7:30p</u> REN will be open late for activities and dinner!</p>	<p>19 CARNIVAL DAY!! All Day Event</p> 	<p>20 Saturday Services 7:30AM-2:30PM Nature Walk @ Tempe Town Lake (Off-Site Activity) Activity Info: Get your exercise on with REN!</p>  <p><i>*Activity subject to change</i></p>
<p>22 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Recovery Reelz Creative Writing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>23 <u>AM Groups 9-11:30</u> Chair Aerobics St Vincent DePaul Volunteer Circle of Support Heal Your Life Mental Health & Technology Recovery Reelz HERO</p> <p><u>PM Groups 12:30-3</u> Team Jeopardy!</p> 	<p>24 <u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge HERO/TeaTime</p> <p><u>PM Groups 12:30-3</u> Women's Group To Boundary or Not to Boundary Men's Group Ashley's Book Club</p>	<p>25 <u>AM Groups 9-11:30</u> Circuit Training Heal Your Life Fresh Start St Vincent DePaul Volunteer Power of Positivity Recovery Reelz MS Excel RST Orientation</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery <u>REN@Nite 3-7:30p</u> REN will be open late for activities and dinner!</p>	<p>26 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Recovery Reelz Kickball Training Tea Time LGBTQ+</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p> 	<p>27 Saturday Services 7:30AM-2:30PM Skill Swap Society (On-Site Activity) Activity Info: Lets all learn from one another and share your skills!</p>  <p><i>*Activity subject to change</i></p>

APRIL 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>29 AM Groups 9-11:30 Muscle Mondays Weekend Highlights Recovery Reelz Creative Writing RST</p> <p>PM Groups 12:30-3 Wellness & Wholeness HERO</p> 	<p>30 AM Groups 9-11:30 Chair Aerobics Heal Your Life Circle of Support St Vincent DePaul Volunteer</p> <p>Amazing Tech in the World Recovery Reelz HERO RST</p> <p>PM Groups 12:30-3 Anger Management Craft Nation</p> 	 <p>“Hello, April. Please, be a month of rebirth, regrowth, and renewal.” - Anonymous</p>			



Calendar Highlights

- ⇒ **REN/HERO Bowling every Thursday 12:30 - 3pm**
- ⇒ **REN@Nite every Thursday 3pm - 7:30pm**
- ⇒ **04/01 Laundry 4 Love**
- ⇒ **04/03 REN CLOSED for ALL STAFF**
- ⇒ **04/05 - 04/07 Camp Open Sky Bisbee**
- ⇒ **04/06 Gilbert Village Global Festival**
- ⇒ **04/08 Fresh Cutz**
- ⇒ **04/12 Kickball Practice**
- ⇒ **04/11 - 04/12 Connections Conference**
- ⇒ **04/13 SaturTalk: Enhancing Communication Skills**
- ⇒ **04/19 Carnival Day Event**
- ⇒ **04/20 Nature Walk @ Tempe Town Lake**
- ⇒ **04/23 Team Jeopardy**
- ⇒ **04/25 RST Orientation**
- ⇒ **04/27 SkillsSwap Society**
- ⇒ **04/29 RST Begins**

APRIL MONTHLY AWARENESS EVENTS

- Autism Awareness
- Alcohol Awareness
- Stress Awareness
- 1st - 7th Public Health Week
- 1st April Fool's
- 7th World Health Day
- 22nd Earth Day

Understanding the Calendar

- **GREEN** requires sign up
- **BLUE** gym
- **PURPLE** Courage Computer Lab
- **Open Lab: Mon. - Fri. 7:30AM - 9AM**

Limited Staff Assistance

<p>April REN Hours Monday - Friday 7:30am – 3:00pm* Saturday 7:30am-2:30pm* *Unless otherwise noted</p>	<p>Meals Served Daily Breakfast 7:30am – 9:00am Lunch 11:45am – 12:45pm Transportation starts @ 3pm</p>
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All offsite activities have limited spaces available and require registration. Confirmation calls will be made to confirm your registration & attendance.
 REN Phone # 602-248-0368



If you're interested in attending an offsite event you can register in the computer lab or on the REN website @ www.renaz.org/events