

HERO Discovery Center

212 E Osborn Rd.
Phoenix AZ 85012
(602) 248-0368

Staff:
Steven Saucedo
(Manager)
602-214-9231

Hours of Operation:
Mon & Thurs 11:30am - 3pm
Wed 9am-11:30am

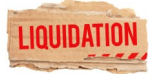
Breakfast from 7:30am-9:00am
Lunch from 11:30am-12:30pm
***ALL Outings are bold on the calendar. Community Events are in Italics. Keep a look out for these events.**



Calendar is subject to change.

Register for events at:
RENAZ.ORG/EVENTS

HERO August Calendar

MON.	TUE.	WED.	THU.	FRI.	SAT.
3 <i>REN On The Move</i> <i>Burton Barr Library</i> <i>11:30-3pm</i> 	4 <u>AM Groups 9am</u> REC- Craft Nation CR- MAC Meeting HERO- Tea Time GYM- Chair Aerobics/Zumba <u>PM Groups 11:30</u> HERO- Anger Manage REC- C.O.S	5 <u>CLOSED FOR ALL STAFF</u> 	6 <i>Lets Go! Goodwill</i> <i>11:30-3pm</i> 	7	8
10 <i>REN On The Move:</i> <i>Margaret Hance Park</i> <i>11:30-3pm</i> 	11 <u>AM Groups 9am</u> REC- Craft Nation HERO- Tea Time GYM- chair Aerobics/ Zumba <u>PM Groups 11:30</u> HERO- Anger Manage REC-C.O.S	12 Scrap Booking 9-11:30am 	13 <i>Lets Go! Familia Liquidation</i> <i>11:30-3pm</i> 	14 <i>REN Closed Self Care</i> 	15 <i>REN Closed Self Care</i> 
17 <i>REN ON The Move:</i> <i>Encanto Duck Park</i> <i>11:30-3pm</i> 	18 <u>AM Groups 9am</u> REC- Craft Nation HERO- Tea Time GYM- Chair Aerobics/ Zumba <u>PM Groups 11:30am</u> HERO- Anger M. REC- C.O.S	19 Scrap Booking 9-11:30am 	20 <i>RENcon!</i> 	21	22
24 <i>REN On The Move:</i> <i>Margaret Hance Park</i> <i>11:30-3pm</i> 	25 <u>AM Groups 9am</u> REC- Craft Nation HERO- Tea Time GYM- Chair Aerobics/Zumba <u>PM Groups 11:30</u> HERO- Anger M. CR- C.O.S Café- C.U.C	26 Movie Day! 9-11:30 am 	27 <i>Lets Go! Dollar Tree</i> <i>11:30-3pm</i> 	28	29
31 <i>REN On The move:</i> <i>Burton Barr Library</i> <i>11:30-3pm</i> 					

1:1 Time Available - This is an opportunity to have some time with the program manager to openly discuss what's going on.

Art - This is a time to creatively express yourself through the planned art activity. Revisiting mosaic since

Boundaries - Everyone's boundaries are different. Let's improve how close we get to one another's.

Calendar— Come help HERO put together a calendar of your dreams.

Cooking Skills- Come learn how to make some simple dishes in our kitchen

Community Fitness— Join Ren staff to meet with peers to go out for volleyball or other sports and get in some exercise.

Games - Play your favorite board and card games at the HERO Center.

Library—Bring your books to return and a you have the opportunity to check out new ones!

Boundaries and friendships- In friendships, setting healthy boundaries helps maintain respect, trust, and balance. Lets have a discussion how important it is to practice boundaries in our day to da life.

REN On The Move— Lets have an adventure while we explore the community! Whether is be going to the library or a fun afternoon out by the pool!

