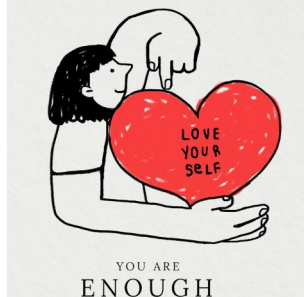


AUGUST 2026 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SeRENity Salon - Free haircuts, color, and style Reiki - Energy healing with specialist HELLO AUGUST You're like the Sunday of Summer! SIGN UP MindMasters - Relax with light therapy and audio guidance RENewal Spa - Facial and skin care support with licensed esthetician					
3 <u>AM Groups 9-11:30</u> Creative Writing Muscle Mondays Gratitude Monday Family Support Orientation PM Groups 12:45-3:30 REN On The Move: Burton Barr Library Wellness & Wholeness 	4 <u>AM Groups 9-11:30</u> Member Advisory Council Chair Aerobics/Zumba Craft Nation St Vincent Volunteer Tea Time LGBTQ+ PM Groups 12:45-3:30 Circle of Support Cooking Up Confidence (Limit 10) Anger Management REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!	5 <u>REN Closed for All Staff</u>  Please Remember to Cancel Your Rides!	6 <u>AM Groups 9-11:30</u> Circuit Training Power of Positivity Chele's Cat Care RE:Wire PM Groups 12:45-3:30 Fun in Recovery Lets Go La Familia Liquidation DnD Role Playing Game	7 <u>AM Groups 9-11:30</u> Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday Ability 360 Bingo PM Groups 12:45-3:30 Good Vibes Music Time DnD Role Playing Game 	8 <u>Saturday Services 7:30AM-2:30PM</u> Desert West Day Market (Off-Site Activity) Activity Info: Get ready for a day of celebrating the wild west! Including food, vendors, and items.  *Activity subject to change
10 <u>AM Groups 9-11:30</u> Family Support Muscle Mondays Creative Writing Laundry 4 Love Gratitude Monday PM Groups 12:45-3:30 REN On The Move: Margaret Hance Splash Pad Wellness & Wholeness Chele's Cat Care 	11 <u>AM Groups 9-11:30</u> Lake Pleasant All Day Trip Chair Aerobics/Zumba Craft Nation St Vincent Volunteer Tea Time LGBTQ+ Family Support PM Groups 12:45-3:30 Anger Management Cooking Up Confidence (Limit 10) Circle of Support PNC Mobile Bank (1p-3pm) REN@Nite 3:30-7:30p PNC Banking Night	12 <u>AM Groups 9-11:30</u> Family Support HERO Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World PM Groups 12:45-3:30 Wildcard Wednesday Wal-Mart Run Women's Group Mental Health Music Men's Group 	13 <u>AM Groups 9-11:30</u> Family Support Circuit Training Power of Positivity Chele's Cat Care RE:Wire PM Groups 12:45-3:30 Fun in Recovery Lets Go Five and Below DnD Role Playing Game 	14 15 REN CLOSED For Self Care Day  YOU ARE ENOUGH *Please Remember to cancel your rides.	
17 <u>AM Groups 9-11:30</u> Family Support Creative Writing Muscle Mondays Gratitude Monday PM Groups 12:45-3:30 REN On The Move: Encanto Park Duck Pond Wellness & Wholeness/ New Member Social Chele's Cat Care 	18 <u>AM Groups 9-11:30</u> Family Support Chair Aerobics/Zumba Craft Nation St Vincent Volunteer Tea Time LGBTQ+ Nourish Food Bank PM Groups 12:45-3:30 Circle of Support Cooking Up Confidence (Limit 10) Anger Management REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!	19 <u>AM Groups 9-11:30</u> Family Support HERO Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World PM Groups 12:45-3:30 Men's Group Wildcard Wednesday Wal-Mart Run Women's Group	20   All Day Event!	21 <u>AM Groups 9-11:30</u> Equine Therapy Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday Ability 360 Bingo PM Groups 12:45-3:30 Good Vibes Music Time DnD Role Playing Game Open Sky Chavez Crossing July 21st-23rd	22 <u>Saturday Services 7:30AM-2:30PM</u> Celebrating Growth (On-Site Activity) Activity Info: Enjoy this group focusing on the importance of recognizing growth in ourselves!  *Activity subject to change

AUGUST 2026 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 AM Groups 9-11:30 Family Support Muscle Mondays Creative Writing Laundry 4 Love Gratitude Monday PM Groups 12:45-3:30 REN On The Move: Margaret Hance Splash Pad Wellness & Wholeness Chele's Cat Care 	25 AM Groups 9-11:30 Family Support Chair Aerobics/Zumba Craft Nation St Vincent Volunteer Tea Time LGBTQ+ PM Groups 12:45-3:30 Anger Management Cooking Up Confidence (Limit 10) Circle of Support PNC Mobile Bank (1p-3pm) REN@Nite 3:30-7:30p PNC Banking Night & REN Art Collective Exhibit (5pm)	26 AM Groups 9-11:30 Family Support HERO Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World PM Groups 12:45-3:30 Men's Group Wildcard Wednesday Wal-Mart Run Women's Group	27 AM Groups 9-11:30 Family Support Circuit Training Power of Positivity Chele's Cat Care RE:Wire PM Groups 12:45-3:30 Fun in Recovery Lets Go Christown Mall DnD Role Playing Game 	28 AM Groups 9-11:30 Family Support Graduation Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday Ability 360 Bingo PM Groups 12:45-3:30 Good Vibes Music Time DnD Role Playing Game 	Saturday Services 8/29 4PM - 8/30 12PM REN Camp Inn & Night Swim! (Off-Site/On-Site Activity) Activity Info: <i>We will be going offsite for a night swim. After we will come back to REN for a Camp Inn. Come enjoy the food, activities and good times!</i>  <i>*Activity subject to change</i>

31
AM Groups 9-11:30
Safe Harbor Suicide Support Group
Muscle Mondays
Creative Writing
PM Groups 12:30-3
REN On The Move:
Burton Barr Library
Wellness & Wholeness
Chele's Cat Care


Night Swim and Camp INN!

212
You are Not Alone
EVENT DATES
AUG. 29th 4pm -
AUG. 30TH 12pm
REN
We are going to be having a night time swim event and then come back to REN for a Camp Inn!
Register @ renaz.org/events

Calendar Highlights

- ⇒ **Let s Go... every Thursday 12:30 - 3pm**
- ⇒ **REN On The Move every Monday 12:30 - 3:30pm**
- ⇒ **Ability 360 every Friday 9 - 11:30am**
- ⇒ **Wal-Mart Run every Wednesday 12:30pm - 3pm**
- ⇒ **08/01 REN Closed**
- ⇒ **08/03 Family Support Orientation**
- ⇒ **08/04 Member Advisory Council**
- ⇒ **08/04 Cooking Up Confidence**
- ⇒ **08/05 REN Closed for All Staff**
- ⇒ **08/08 Desert West Day Market**
- ⇒ **08/10 Family Support Begins**
- ⇒ **08/11 Lake Pleasant All Day Trip**
- ⇒ **08/11 Cooking Up Confidence**
- ⇒ **08/11 PNC Bank Night**
- ⇒ **08/12 Mental Health Music**
- ⇒ **08/14-08/15 REN Closed for Self Care Days**
- ⇒ **08/17 Wellness & Wholeness/New Member Social**
- ⇒ **08/18 Nourish Food Bank**
- ⇒ **08/20 REN-Con Monthly Event**
- ⇒ **08/21 Equine Therapy**
- ⇒ **08/21-08/23 Camp Chavez Crossing**
- ⇒ **08/22 Celebrating Growth**
- ⇒ **08/24 Laundry 4 Love**
- ⇒ **08/25 PNC Bank Night**
- ⇒ **8/25 Art Collective Exhibit**
- ⇒ **08/28 Family Support Graduation**
- ⇒ **08/29-8/30 REN Camp Inn & Night Swim**
- ⇒ **08/31 Safe Harbor Suicide Support Group**

AUGUST MONTHLY AWARENESS EVENTS

- National Wellness Month
- International Peace Month
- Happiness Happens Month
- 2nd National Friendship Day
- National Sandwich Month
- 18th Never Give Up Day

Understanding the Calendar

- **GREEN** requires sign up
- **PURPLE** RENovation Station Computers
- **BLUE** gym
- **Open Lab: Mon. - Fri. 7:30AM - 9AM**
- **Calendar Subject to Change**
- **Limited Staff Assistance**

REN Hours

Monday - Friday 7:30am-3:30pm*
Saturday 7:30am-2:30pm*
Tuesday Evening 3:30pm-7:30pm*
***Unless otherwise noted**

Meals Served Daily

Breakfast 7:30am-9:00am
Lunch 11:45am-12:45pm
Tuesday Dinner 5:30pm-6:30pm
Transportation starts @ 2pm

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
212 E. Osborn Rd.
Phoenix AZ 85012