

OCTOBER 2026 REN CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HELLO OCTOBER

It's Boo Time!
SIGN UP

- **SeRENity Salon**
 - Free haircuts, color, and style
- **Reiki**
 - Energy healing with specialist

- **MindMasters**
 - Relax with light therapy and audio guidance
- **RENewal Spa**
 - Facial and skin care support with licensed esthetician



1
AM Groups 9-11:30
Reading Rainbow
Circuit Training
Power of Positivity
Chele's Cat Care
RE:Wire

PM Groups 12:45-3:30
Fun in Recovery
Lets Go Goodwill
DnD Role Playing Game



2
AM Groups 9-11:30
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

3
Saturday Services 7:30AM-2:30PM
Fall into Recovery
(On-Site Activity)
Activity Info:
Start the fall season off right with fun recovery activities
LEARNING THROUGH RECOVERY TOGETHER
*Activity subject to change

5
AM Groups 9-11:30
Creative Writing
Muscle Mondays
Gratitude Monday
Laundry 4 Love
Grief to Growth

PM Groups 12:45-3:30
REN On The Move:
Burton Barr Library
Wellness & Wholeness
Chele's Cat Care



6
AM Groups 9-11:30
Member Advisory Council
Chair Aerobics/Zumba
Craft Nation
St Vincent Volunteer
Tea Time LGBTQ+

PM Groups 12:45-3:30
Anger Management
Cooking Up Confidence
Circle of Support
PNC Mobile Bank
(1p-3pm)

REN@Nite 3:30-7:30p
PNC Banking Night

7
REN Closed for All Staff



Please Remember to Cancel Your Rides!

8
AM Groups 9-11:30
Reading Rainbow
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



9
AM Groups 9-11:30
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

10
REN CLOSED For Services



Please Remember to Cancel Your Rides!

11
PRIDE PARADE 7:30AM-2:30PM



12
REN Closed for Indigenous Peoples Day

Please Remember to Cancel Your Rides!

13
AM Groups 9-11:30
Chair Aerobics/Zumba
Craft Nation
St Vincent Volunteer
Tea Time LGBTQ+
PM Groups 12:45-3:30
Anger Management
Cooking Up Confidence
Circle of Support

REN@Nite 3:30-7:30p
REN will be open late for extra activities & dinner!

14
AM Groups 9-11:30
HERO
Weight Lift Wed
Solutions on Sobriety
Heidi's Village Animal Shelter Volunteer
Awesome World

PM Groups 12:45-3:30
Men's Group
Wild Card Wednesday
Wal-Mart Run
Mental Health Music
Women's Group

15
AM Groups 9-11:30
Reading Rainbow
Circuit Training
Gateway Recycling Center Tour
Power of Positivity
Chele's Cat Care
RE:Wire

PM Groups 12:45-3:30
Fun in Recovery
Lets Go Dollar Tree
DnD Role Playing Game

16
AM Groups 9-11:30
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



17
Saturday Services 7:30AM-2:30PM
Pueblo Grand Museum
(Off-Site Activity)
Activity Info:
Visit this National Landmark showcasing prehistoric canals!
***Activity subject to change**



19
AM Groups 9-11:30
Creative Writing
Muscle Mondays
Gratitude Monday
Laundry 4 Love
Grief to Growth

PM Groups 12:45-3:30
REN On The Move:
Spirit Halloween
Wellness & Wholeness/New Member Social
Chele's Cat Care



20
AM Groups 9-11:30
Chair Aerobics
Craft Nation
St Vincent Volunteer
Tea Time LGBTQ+
Nourish Food Bank

PM Groups 12:45-3:30
Anger Management
Cooking Up Confidence
Circle of Support
PNC Mobile Bank
(1p-3pm)

REN@Nite 3:30-7:30p
PNC Banking Night

21
AM Groups 9-11:30
HERO
Weight Lift Wed
Solutions on Sobriety
Heidi's Village Animal Shelter Volunteer
Awesome World

PM Groups 12:45-3:30
Wild Card Wednesday
Men's Group
Wal-Mart Run
Women's Group



22
AM Groups 9-11:30
Reading Rainbow
Circuit Training
Power of Positivity
Chele's Cat Care
RE:Wire

PM Groups 12:45-3:30
Fun in Recovery
Lets Go Bookmans
DnD Role Playing Game



23
AM Groups 9-11:30
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

CAMP OPEN SKY BURNT CORRAL
Oct. 23th-25th

24
Saturday Services 7:30AM-2:30PM
Spooktacular Acts of Kindness
(On-Site Activity)
Activity Info:
Explore spooky ways to show kindness to others!



*Activity subject to change

OCTOBER 2026 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 AM Groups 9:30-11:30 Grief to Growth Muscle Mondays Creative Writing Gratitude Monday PM Groups 12:45-3:30 REN On The Move: Encanto Park Duck Pond Wellness & Wholeness Chele's Cat Care	27 AM Groups 9-11:30 Chair Aerobics Craft Nation St Vincent Volunteer Tea Time LGBTQ+ PM Groups 12:45-3:30 Anger Management Cooking Up Confidence Circle of Support REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!	28 AM Groups 9-11:30 HERO Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World PM Groups 12:45-3:30 Men's Group Wild Card Wednesday Wal-Mart Run Women's Group	29 AM Groups 9-11:30 Reading Rainbow 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	30 REN HALLOWEEN PARTY! 	31 Saturday Services 7:30AM-2:30PM 6th Annual Halloween Bash (Off-Site Activity) Activity Info: HAPPY HALLOWEEN!  <i>*Activity subject to change</i>

Activities to look forward to!



OCTOBER MONTHLY AWARENESS EVENTS

- National ADHD Awareness Month
- National Disability Employment Month
- Emotional Wellness Month
- LGBTQ+ History Month
- 1st Intl. Music Day
- 2nd World Smile Day
- 5th Bullying Prevention Awareness Day
- 7th National Forgiveness & Happiness Day
- 10th World Mental Health Day
- 14th National I Love You Day
- 16th World Food Day
- 17th Adventure Day
- 20th National Youth Confidence Day

Understanding the Calendar

- GREEN** requires sign up
- BLUE** gym
- Calendar Subject to Change**
- HERO Room Computers**
Open Lab: Mon. - Fri. 7:30AM - 9AM
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-9am
 Lunch 11:45am-12:45pm
 Tuesday Dinner 5:30pm-6:30pm
 Transportation starts @ 2pm

All offsite activities have limited space 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 RENovation Station or on the REN website @ www.renaz.org/events
 212 E. Osborn RD.
 Phoenix AZ 85012

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
- ⇒ 10/03 Fall into Recovery
- ⇒ 10/05 Laundry 4 Love
- ⇒ 10/06 Member Advisory Council
- ⇒ 10/07 REN Closed for All Staff
- ⇒ 10/10-10/12 REN Closed for Indigenous Peoples Day
- ⇒ 10/11 PRIDE Parade
- ⇒ 10/15 Gateway Recycling Center
- ⇒ 10/17 Pueblo Grand Museum
- ⇒ 10/19 Laundry 4 Love
- ⇒ 10/19 New Member Ice Cream Social
- ⇒ 10/20 Nourish Food Bank
- ⇒ 10/20 PNC Mobile Bank & Activity
- ⇒ 10/23-10/25 Burnt Corral Camp
- ⇒ 10/24 Spooktacular Acts of Kindness
- ⇒ 10/30 REN Halloween Party
- ⇒ 10/31 6th Annual Halloween Bash