

SEPTEMBER 2026 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 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 REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!	2 REN Closed for All Staff  <i>Please Remember to Cancel Your Rides!</i>	3 AM Groups 9-11:30 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 	4 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 	5 REN CLOSED For Services  <i>Please Remember to Cancel Your Rides!</i>
7 REN Closed for Labor Day  <i>Please Remember to Cancel Your Rides!</i>	8 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 PNC Mobile Bank (1p-3pm) REN@Nite 3:30-7:30p PNC Banking Night	9 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 Mental Health Music Men's Group Women's Group Wal-Mart Run	10 	11 	12 REN CLOSED For Services  <i>Please Remember to Cancel Your Rides!</i>
14 AM Groups 9-11:30 Laundry 4 Love Creative Writing Muscle Mondays Gratitude Monday PM Groups 12:45-3:30 REN On The Move: Burton Barr Library Wellness & Wholeness Chele's Cat Care Book Club 	15 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 Nourish Food Bank REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!	16 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	17 AM Groups 9-11:30 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 	18 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 	19 Saturday Services 7:30AM-2:30PM Recovery Showdown (On-Site Activity) Activity Info: Have fun with peers in fun recovery games!  <i>*Activity subject to change</i>
21 AM Groups 9-11:30 Creative Writing Muscle Mondays Gratitude Monday Grief to Growth PM Groups 12:45-3:30 REN On The Move: Spirit Halloween Wellness & Wholeness/New Member Social Chele's Cat Care Book Club 	22 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 PNC Mobile Bank (1p-3pm) REN@Nite 3:30-7:30p PNC Banking Night	23 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 	24 AM Groups 9-11:30 Circuit Training 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 	25 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	26 Saturday Services 7:30AM-2:30PM Brass Armadillo Antique Mall (Off-Site Activity) Activity Info: Have fun shopping at this local antique mall!  <i>*Activity subject to change</i>

SEPTEMBER 2026 REN CALENDAR

MONDAY

28

MEMBER MEETING/VICTORY CELEBRATION 8:30-9:30

AM Groups 9:30-11:30

Grief to Growth

Muscle Mondays

Creative Writing

Laundry 4 Love

Gratitude Monday

PM Groups 12:45-3:30

REN On The Move: Encanto Park

Duck Pond

Wellness & Wholeness

Chele's Cat Care

Book Club

TUESDAY

29

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!

WEDNESDAY

30

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

HELLO SEPTEMBER

Fall is just around the corner!

SIGN UP

- **SeRENity Salon** • **MindMasters**
Free haircuts, color, and style Relax with light therapy and audio guidance
- **Reiki** • **RENewal Spa**
Energy healing with specialist Facial and skin care support with licensed esthetician

Activities to look forward to!

Grief to Growth

*Mondays
at 9am*

Starts 9/21



BOOK CLUB

**MONDAYS
AT 11:30AM**



SEPTEMBER MONTHLY AWARENESS EVENTS

- World Alzheimer's Month
- 2nd National Live Fearless Day
- 4th National Food Bank Day
- 5th Intl. Day of Charity
- 10th World Suicide Prevention Day
- 11th Patriot's Day
- 12th Mindfulness Day
- 16th National Tattoo Story Day
- 18th National HIV/AIDS and Ageing Awareness Day
- 21st Intl. Day of Peace
- 26th World Environmental Health Day
- 30th National Love People Day
- 30th Intl. Podcast Day

Understanding the Calendar

- **GREEN** requires sign up
- **BLUE** gym
- **Calendar Subject to Change**
- **PURPLE RENovation Station 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
- ⇒ **09/01 Member Advisory Council**
- ⇒ **09/02 REN Closed for All Staff**
- ⇒ **09/05-09/07 REN Closed for Labor Day**
- ⇒ **09/08 PNC Mobile Bank & Activity**
- ⇒ **09/09 Mental Health Music**
- ⇒ **09/10-09/13 Pirate Big Camp**
- ⇒ **09/10-09/11 Camp 212 RENtopia**
- ⇒ **09/12 REN Closed for Services**
- ⇒ **09/14 Laundry 4 Love**
- ⇒ **09/14 Book Club Group Begins**
- ⇒ **09/15 Nourish Food Bank**
- ⇒ **09/19 Recovery Showdown**
- ⇒ **09/21 Greif to Growth Group Begins**
- ⇒ **09/21 New Member Social & Ice Cream Social**
- ⇒ **09/22 PNC Mobile Bank & Activity**
- ⇒ **09/26 Brass Armadillo Antique Mall**