

HERO September Calendar

HERO Discovery Center

212 E Osborn
Phoenix, AZ 85012
602-214-9231

Staff:
Steven Saucedo
(Manager)

Hours of Operation:

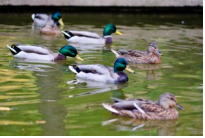
HERO Monday,
Wed. and Thursday
7:30am-3pm
602-248-0368

Breakfast from 7:30am-9am
Lunch from 11:45am-12:45pm

*ALL Outings are bold on
the calendar. Calendar is
subject to change as
needed.



To sign up go to
Renaz.org/events

MON.	TUE.	WED.	THU.	FRI.	Sat.
	1 AM Groups 9am <i>REC- Craft Nation</i> <i>HERO- Tea Time</i> <i>GYM- Chair</i> <i>Aerobics/Zumba</i> PM Groups 11:30 <i>HERO- Anger M.</i> <i>CR- C.O.S</i> <i>Café- C.U.C</i>	2 Closed for All Staff 	3 Lets Go! Goodwill 11:30-3pm 	4	5
7 	8 AM Groups 9am <i>REC- Craft Nation</i> <i>HERO- Tea Time</i> <i>GYM- Chair</i> <i>Aerobics/Zumba</i> PM Groups 11:30 <i>HERO- Anger M.</i> <i>CR- C.O.S</i> <i>Café- C.U.C</i>	9 Interactive games 9-11:30am 	10 11 12 		
14 REN on the move: Burton Barr Library 11:30-3pm 	15 AM Groups 9am <i>REC- Craft Nation</i> <i>HERO- Tea Time</i> <i>GYM- Chair</i> <i>Aerobics/Zumba</i> PM Groups 11:30 <i>HERO- Anger M.</i> <i>CR- C.O.S</i> <i>Café- C.U.C</i>	16 Scrap Booking 9-11:30am 	17 Lets Go! Familia Liquidation 11:30-3pm	18	19
21 REN on the move: Spirit Halloween 11:30-3pm 	22 AM Groups 9am <i>REC- Craft Nation</i> <i>HERO- Tea Time</i> <i>GYM- Chair</i> <i>Aerobics/Zumba</i> PM Groups 11:30 <i>HERO- Anger M.</i> <i>CR- C.O.S</i> <i>Café- C.U.C</i>	23 HERO Crafts 9-11:30am 	24 Dollar Tree 11:30-3pm 	25	26
28 REN on the move: Encanto Duck Pond 11:30-3pm 	29 AM Groups 9am <i>REC- Craft Nation</i> <i>HERO- Tea Time</i> <i>GYM- Chair</i> <i>Aerobics/Zumba</i> PM Groups 11:30 <i>HERO- Anger M.</i> <i>CR- C.O.S</i> <i>Café- C.U.C</i>	30 HERO Movie Day 9-11:30am 			

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

Game Day—We get a chance to unwind and spend time with peers to enjoys games of all sorts.

Library—We will go to Burton Barr to return books, get new movies, books and have the opportunity to buy fresh fruit and veggies.

REN On The Move— Join us as we venture off out in the community with your fellow peers!

Lets Go!- community outings as we visit the Familia Liquidation, Good will and Dollar Tree this month.

Movie Day— Lets unwind with some snacks and a good film based on recovery/ mental health.

