

MAY 2026 REN CALENDAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



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
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

2

Saturday Services 7:30AM-2:30PM
Rewriting My Story (On-Site Activity)

Activity Info:
Share with your peers and connect with each other through your experiences.



*Activity subject to change

4

AM Groups 9-11:30 RST
REN Newsletter
Muscle Mondays
Creative Writing
REnovation Station
Gratitude Monday
Laundry 4 Love

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

5

AM Groups 9-11:30
Member Advisory Council
Chair Aerobics/Zumba
Craft Nation
St Vincent Volunteer HERO
RST

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

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

6

REN Closed for All Staff



Please Remember to Cancel Your Rides!

7

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

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

8



REN MONTHLY EVENT!

9

Saturday Services 7:30AM-2:30PM
Downtown Phoenix Farmers Market (Off-Site Activity)

Activity Info:
Explore local vendors and have a good time with your REN peers.




*Activity subject to change

11

AM Groups 9-11:30 RST
REN Newsletter
Muscle Mondays
Creative Writing
REnovation Station
Gratitude Monday

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



12

AM Groups 9-11:30
Chair Aerobics/Zumba
Craft Nation
St Vincent Volunteer HERO
RST

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!

13

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

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

14

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

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

15

AM Groups 9-11:30
Tea Time LGBTQ+
Stardust Volunteer
Fun Fact Friday
Ability 360
Bingo
RST

PM Groups 12:45-3:30
Good Vibes Music Time
DnD Role Playing Game

Camp Open Sky Grand Canyon



16

Saturday Services 7:30AM-2:30PM
Hope & Healing (On-Site Activity)

Activity Info:
Find ways to spread Hope and provide Healing to you and your peers.




*Activity subject to change

18

AM Groups 9-11:30 RST
REN Newsletter
Muscle Mondays
Creative Writing
Laundry 4 Love
REnovation Station
Gratitude Monday

PM Groups 12:45-3:30
REN On The Move: Margaret Hance Park
Wellness & Wholeness
Chele's Cat Care
New Member Social



19

AM Groups 9-11:30 RST
Chair Aerobics/Zumba
Craft Nation
St Vincent Volunteer HERO

Nourish Food Bank


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

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

20

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

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



21


AM Groups 9-11:30 RST
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

22

AM Groups 9-11:30
Tea Time LGBTQ+
Stardust Volunteer
Fun Fact Friday
Ability 360
Bingo
RST

PM Groups 12:45-3:30
Good Vibes Music Time
DnD Role Playing Game



23

Saturday Services

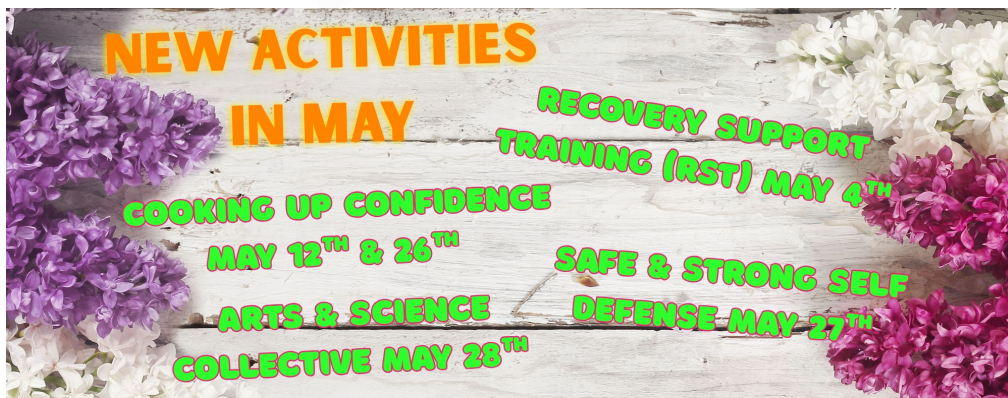
REN CLOSED IN OBSERVATION OF MEMORIAL DAY WEEKEND



Please Remember to Cancel Your Rides!

MAY 2026 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>25 REN Closed in observation of Memorial Day</p>  <p>Please Remember to Cancel Your Rides!</p>	<p>26 AM Groups 9-11:30 Chair Aerobics/Zumba Craft Nation St Vincent Volunteer HERO RST</p> <p>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!</p> 	<p>27 AM Groups 9-11:30 HERO Safe & Strong Self Defense Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World</p> <p>PM Groups 12:45-3:30 Men's Group Wal-Mart Run Women's Group</p> 	<p>28 AM Groups 9-11:30 Circuit Training Art Collective Power of Positivity Chele's Cat Care RE:Wire RST</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go Christown Mall DnD Role Playing Game</p> 	<p>29 AM Groups 9-11:30 Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday Ability 360 Bingo RST</p> <p>PM Groups 12:45-3:30 Good Vibes Music Time DnD Role Playing Game</p>	<p>30 Saturday Services 7:30AM-2:30PM Pool Party!!! (Off-Site Activity) Activity Info: Bring your towels, bathing suits and sunscreen!</p>  <p>*Activity subject to change</p>



MAY MONTHLY AWARENESS EVENTS

- 1st Global Love Day
- 5th World Hand Hygiene Day
- 8th World Red Cross Day
- 10th Mother's Day
- 28th World Hunger Day
- 31st World No Tobacco 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-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

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
- ⇒ 05/02 Rewriting My Story
- ⇒ 05/04 Laundry 4 Love
- ⇒ 05/04 First Day of RST
- ⇒ 05/05 Member Advisory Council
- ⇒ 05/05 PNC Banking Night
- ⇒ 05/06 REN Closed for All Staff
- ⇒ 05/08 Ocho De Mayo
- ⇒ 05/09 PNC Banking Night
- ⇒ 05/12 Cooking Up Confidence
- ⇒ 05/13 Mental Health Music
- ⇒ 05/15-05/17 Camp Open Sky Grand Canyon
- ⇒ 05/16 Hope & Healing
- ⇒ 05/18 Laundry 4 Love
- ⇒ 05/18 New Member Social
- ⇒ 05/19 Nourish Food Bank
- ⇒ 05/19 PNC Banking Night
- ⇒ 05/23-5/25 REN Closed for Memorial Day Weekend
- ⇒ 05/27 Safe & Strong Self Defense
- ⇒ 05/28 Art Collective Begins
- ⇒ 05/30 Pool Party