

JULY 2026 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HELLO JULY</p> <p>The perfect time for fresh starts, new goals, and enjoying the great outdoors.</p> <p>SIGN UP</p> <ul style="list-style-type: none"> SeRENity Salon <ul style="list-style-type: none"> Free haircuts, color, and style Reiki <ul style="list-style-type: none"> Energy healing with specialist MindMasters <ul style="list-style-type: none"> Relax with light therapy and audio guidance RENewal Spa <ul style="list-style-type: none"> Facial and skin care support with licensed esthetician 		<p>1</p> <p>REN Closed for All Staff</p>  <p>Please Remember to Cancel Your Rides!</p>	<p>2</p> <p>AM Groups 9-11:30</p> <p>Circuit Training Power of Positivity Chele's Cat Care RE:Wire Art Collective</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go Goodwill DnD Role Playing Game</p> 	<p>3</p> 	<p>4</p>
<p>6</p> <p>AM Groups 9-11:30 Creative Writing Muscle Mondays Gratitude Monday Art Collective</p> <p>PM Groups 12:45-3:30 REN On The Move: Burton Barr Library Wellness & Wholeness Chele's Cat Care</p> 	<p>7</p> <p>AM Groups 9-11:30 Member Advisory Council Chair Aerobics/Zumba Craft Nation St Vincent Volunteer HERO</p> <p>PM Groups 12:45-3:30 Circle of Support Anger Management Cooking Up Confidence</p> <p>REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!</p>	<p>8</p> <p>AM Groups 9-11:30 HERO Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World</p> <p>PM Groups 12:45-3:30 Mental Health Music Men's Group Wal-Mart Run Women's Group</p>	<p>9</p> <p>AM Groups 9-11:30</p> <p>Circuit Training Power of Positivity Chele's Cat Care RE:Wire Art Collective</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go La Familia Liquidation DnD Role Playing Game</p>	<p>10</p> <p>AM Groups 9-11:30 Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday Ability 360 Bingo</p> <p>PM Groups 12:45-3:30 Good Vibes Music Time DnD Role Playing Game</p>	<p>11</p> <p>Saturday Services 11AM-7:30PM Alwun House July Splash Day (Off-Site Activity)</p> <p>Activity Info: Enjoy water park vibes right here in Phoenix. This historic house is boasting a fun water filled day!</p>  <p>*Activity subject to change</p>
<p>13</p> <p>AM Groups 9-11:30 Muscle Mondays Creative Writing Laundry 4 Love Gratitude Monday Art Collective</p> <p>PM Groups 12:45-3:30 REN On The Move: Encanto Pool Wellness & Wholeness Chele's Cat Care</p> 	<p>14</p> <p>AM Groups 9-11:30 Chair Aerobics/Zumba Craft Nation St Vincent Volunteer HERO</p> <p>PM Groups 12:45-3:30 Cooking Up Confidence Anger Management Circle of Support PNC Mobile Bank (1p-3pm)</p> <p>REN@Nite 3:30-7:30p PNC Banking Night</p> 	<p>15</p> <p>AM Groups 9-11:30 HERO Weight Lift Wed 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>16</p> <p>AM Groups 9-11:30</p> <p>Circuit Training Power of Positivity Chele's Cat Care RE:Wire Art Collective</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go Five and Below DnD Role Playing Game</p>	<p>17</p> <p>REN Safari Experience</p>  <p>All Day Event</p>	<p>18</p> <p>Saturday Services 7:30AM-2:30PM Pool Party! (Off-Site Activity)</p> <p>Activity Info:</p>  <p>*Activity subject to change</p>
<p>20</p> <p>AM Groups 9-11:30 Creative Writing Muscle Mondays Gratitude Monday</p> <p>PM Groups 12:45-3:30 REN On The Move: Encanto Park Duck Pond Wellness & Wholeness Chele's Cat Care New Member Social</p> 	<p>21</p> <p>AM Groups 9-11:30 Lynx Lake All Day Trip Chair Aerobics/Zumba Craft Nation St Vincent Volunteer HERO</p> <p>Nourish Food Bank</p> <p>PM Groups 12:45-3:30 Circle of Support Cooking Up Confidence Anger Management</p> <p>REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!</p>	<p>22</p> <p>AM Groups 9-11:30 HERO Weight Lift Wed 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>23</p> <p>AM Groups 9-11:30</p> <p>Circuit Training Power of Positivity Chele's Cat Care RE:Wire</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go La Familia Liquidation DnD Role Playing Game</p>	<p>24</p> <p>AM Groups 9-11:30 Equine Therapy Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday Ability 360 Bingo</p> <p>PM Groups 12:45-3:30 Good Vibes Music Time DnD Role Playing Game</p> 	<p>25</p> <p>Saturday Services 7:30AM-2:30PM The Ripple Effect Project (On-Site Activity)</p> <p>Activity Info: How the littlest things lead to big outcomes.</p> <p>*Activity subject to change</p> <p>Open Sky Camp Geronimo July 25th-27th</p> 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>27</p> <p>AM Groups 9-11:30</p> <p>Muscle Mondays Creative Writing Laundry 4 Love Gratitude Monday</p> <p>PM Groups 12:45-3:30</p> <p>REN On The Move: Encanto Pool Wellness & Wholeness Chele's Cat Care</p> 	<p>28</p> <p>AM Groups 9-11:30</p> <p>Chair Aerobics/Zumba Craft Nation St Vincent Volunteer HERO</p> <p>PM Groups 12:45-3:30</p> <p>Cooking Up Confidence Anger Management Circle of Support PNC Mobile Bank (1p-3pm)</p> <p>REN@Nite 3:30-7:30p PNC Banking Night</p> 	<p>29</p> <p>AM Groups 9-11:30</p> <p>HERO Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World</p> <p>PM Groups 12:45-3:30</p> <p>Men's Group Wal-Mart Run Women's Group</p>	<p>30</p> <p>AM Groups 9-11:30</p> <p>Circuit Training Power of Positivity Chele's Cat Care RE:Wire</p> <p>PM Groups 12:45-3:30</p> <p>Fun in Recovery Lets Go Christown Mall DnD Role Playing Game</p> 	<p>31</p>	<p>August 1</p>
				<p>REN WILL BE CLOSED FRIDAY JULY 31ST - SATURDAY AUGUST 1ST</p> <p>PLEASE REMEMBER TO CANCEL YOUR RIDES. THANK YOU.</p> 	



JULY MONTHLY AWARENESS EVENTS

- Good Care Month
- UV Safety Awareness Month
- National Picnic Month
- Disability Pride Month
- Plastic Free July
- 7/6-7/12 Alcohol Awareness Week

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
- ⇒ 07/01 REN Closed for All Staff
- ⇒ 07/03-07/04 REN Closed for Fourth of July
- ⇒ 07/07 Cooking Up Confidence
- ⇒ 07/08 Mental Health Music
- ⇒ 07/11 Alwun House July Splash Day
- ⇒ 07/13 Laundry 4 Love
- ⇒ 07/14 Cooking Up Confidence
- ⇒ 07/14 PNC Bank Night
- ⇒ 07/17 REN Safari Experience
- ⇒ 07/18 Pool Party
- ⇒ 07/20 New Member Social
- ⇒ 07/21 Lynx Lake All Day Trip
- ⇒ 07/21 Nourish Food Bank
- ⇒ 07/21 Cooking Up Confidence
- ⇒ 07/24 Equine Therapy
- ⇒ 07/25 The Ripple Effect Project
- ⇒ 07/25-07/27 Camp Geronimo
- ⇒ 07/27 Laundry 4 Love
- ⇒ 07/28 Cooking Up Confidence
- ⇒ 07/28 PNC Bank Night