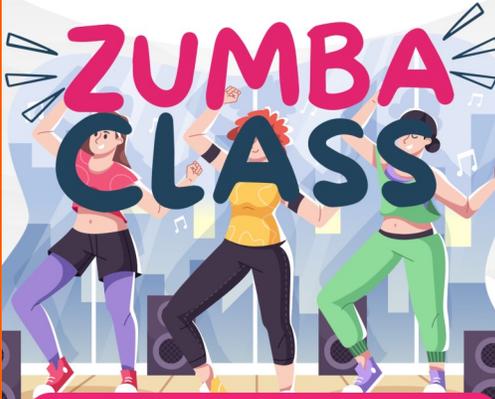


APRIL 2026 REN CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|
| <p>ZUMBA CLASS</p>  <p>EVERY TUESDAY @10:15AM</p> | | <p>1 REN Closed for All Staff</p>  <p><i>Please Remember to Cancel Your Rides!</i></p> | <p>2 AM Groups 9-11:30 Circuit Training Power of Positivity Chele's Cat Care RE:Wire</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go Burlington Coat Factory DnD Role Playing Game</p> <p>REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!</p> | <p>3</p>  <p>SQUID GAME EGGSTRAVAGANZA</p> <p>OFF-SITE Event</p> | <p>4 Saturday Services 7:30AM-2:30PM The Growth Lab (On-Site Activity) Activity Info: <i>Learn Life Skills for your Mental Wellness!</i></p>  <p><i>*Activity subject to change</i></p> |
| <p>6 AM Groups 9-11:30 REN Newsletter Muscle Mondays Creative Writing RENOvation Station Gratitude Monday Laundry 4 Love</p> <p>PM Groups 12:45-3:30 REN On The Move: Papago Park Wellness & Wholeness Chele's Cat Care</p>  | <p>7 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</p>  | <p>8 AM Groups 9-11:30 Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World RENOvation Station HERO</p> <p>PM Groups 12:45-3:30 Mental Health Music Men's Group Wal-Mart Run Women's Group</p> | <p>9 AM Groups 9-11:30 Circuit Training Power of Positivity Chele's Cat Care RE:Wire</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go Goodwill DnD Role Playing Game PNC Mobile Bank (1p-3pm)</p> <p>REN@Nite 3:30-7:30p PNC Banking Night</p> | <p>10 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 Saturday Services 7:30AM-2:30PM BBQ Island Community Event (Off-Site Activity) Activity Info: <i>Enjoy BBQ, music, local vendors and more at this Off-Site event.</i></p>  <p><i>*Activity subject to change</i></p> |
| <p>13 AM Groups 9-11:30 REN Newsletter Muscle Mondays Creative Writing RENOvation Station Gratitude Monday</p> <p>PM Groups 12:45-3:30 REN On The Move: Encanto Park Wellness & Wholeness Chele's Cat Care</p> | <p>14 AM Groups 9-11:30 Chair Aerobics/ Zumba Craft Nation St Vincent Volunteer HERO</p> <p>PM Groups 12:45-3:30 Anger Management Circle of Support</p>  | <p>15 AM Groups 9-11:30 Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World RENOvation Station HERO</p> <p>PM Groups 12:45-3:30 Men's Group Wal-Mart Run Women's Group</p> | <p>16 AM Groups 9-11:30 Circuit Training Power of Positivity Chele's Cat Care RE:Wire</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go Christown Mall DnD Role Playing Game</p> <p>REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!</p> | <p>17 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>18 Saturday Services 7:30AM-2:30PM Reset & Recharge (On-Site Activity) Activity Info: <i>Rest isn't just a pull off section on the highway. Learn how our bodies change with proper rest.</i> <i>*Activity subject to change</i></p> <p>Open Sky Campout Raymond Park</p>  |
| <p>20 AM Groups 9-11:30 REN Newsletter Muscle Mondays Creative Writing Laundry 4 Love RENOvation Station Gratitude Monday</p> <p>PM Groups 12:45-3:30 REN On The Move: Margaret Hance Park Wellness & Wholeness Chele's Cat Care New Member Ice Cream Social</p> | <p>21 AM Groups 9-11:30 Chair Aerobics/ Zumba Craft Nation St Vincent Volunteer HERO Nourish Food Bank</p> <p>PM Groups 12:45-3:30 Anger Management Circle of Support</p>  | <p>22 AM Groups 9-11:30 Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World RENOvation Station HERO</p> <p>PM Groups 12:45-3:30 Men's Group Wal-Mart Run Women's Group</p> | <p>23 AM Groups 9-11:30 Circuit Training Art Collective Power of Positivity Connections Conference RE:Wire Chele's Cat Care</p> <p>PM Groups 12:45-3:30 Fun in Recovery Lets Go Five and Below DnD Role Playing Game PNC Mobile Bank (1p-3pm)</p> <p>REN@Nite 3:30-7:30p PNC Banking Night</p> | <p>24 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>25 Saturday Services 7:30AM-2:30PM Pool Day (Off-Site Activity) Activity Info: <i>Get ready for the summer heat. Pack your sunscreen and beach towel!</i></p>  <p><i>*Activity subject to change</i></p> |

APRIL 2026 REN CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|----------|
| <p>27 AM Groups 9-11:30 REN Newsletter Muscle Mondays Creative Writing Gratitude Monday PM Groups 12:45-3:30 REN On The Move: Arizona Falls on the AZ Canal Wellness & Wholeness Chele's Cat Care</p>  | <p>28 AM Groups 9-11:30 Chair Aerobics/Zumba Craft Nation St Vincent Volunteer HERO PM Groups 12:45-3:30 Anger Management Circle of Support</p>  | <p>29 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 Wal-Mart Run Women's Group</p>  | <p>30 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 Christown Mall DnD Role Playing Game REN@Nite 3:30-7:30p REN will be open late for extra activities & dinner!</p> | <p>SIGN UP</p> <ul style="list-style-type: none"> • SeRENity Salon 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 | |



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
- ⇒ 04/01 REN Closed for All Staff
- ⇒ 04/03 Eggstravaganza Squid Games
- ⇒ 04/04 The Growth Lab
- ⇒ 04/06 Laundry for Love
- ⇒ 04/07 Member Advisory Council
- ⇒ 04/07 Zumba Starts
- ⇒ 04/08 Mental Health Music
- ⇒ 04/09 PNC Banking Night
- ⇒ 04/11 BBQ Island Community Event
- ⇒ 04/18 Reset & Recharge
- ⇒ 04/18-04/20 Raymond Park Camping
- ⇒ 04/20 Laundry for Love
- ⇒ 04/20 New Member Ice Cream Social
- ⇒ 04/21 Nourish Food Bank
- ⇒ 04/23 Art Collective Begins
- ⇒ 04/23 Connections Conference
- ⇒ 04/23 PNC Banking Night
- ⇒ 04/25 Pool Day

APRIL MONTHLY AWARENESS EVENTS

- Autism Awareness Month
- Alcohol Awareness Month
- Parkinson's Disease Awareness Month
- 1st April Fools Day
- 7th World Health Day
- 22nd Earth 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*
Thursday Evening 3:30pm-7:30pm*
*Unless otherwise noted

Meals Served Daily

Breakfast 7:30am-9:00am
Lunch 11:45am-12:45pm
Thursday 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