


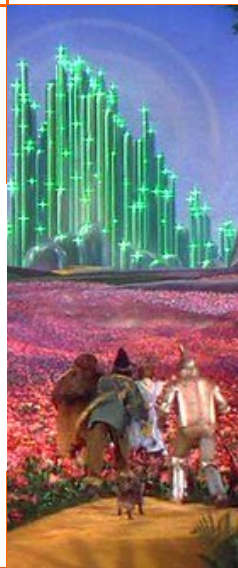


OCTOBER 2025 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REN 1:1 Services Monday-Friday MindMasters RENewal Spa SeRENity Salon Sign-Up at Renaz.org 		1 REN Closed for All Staff  <i>Please Remember to Cancel Your Rides!</i>	2 AM Groups 9-11:30 Circuit Training Arts & Sciences Collective Power of Positivity Recovery Reelz RENovation Station Member Advisory Council RST PM Groups 12:30-3 Fun in Recovery Let It Roll Bowling DnD Role Playing Game REN@Nite 3-7:30p REN will be open late for extra activities & dinner!	3 AM Group 9-11:30 Ability 360 Tea Time LGBTQ+ RST Fun Fact Friday Stardust Volunteer Bingo Recovery Reelz PM Groups 12:30-3 Good Vibes Music Time Game Time! 	4 Saturday Services 7:30AM-2:30PM TBD (On-Site Activity) Activity Info: <i>Check in with staff for updates.</i>  <i>*Activity subject to change</i>
6 AM Groups 9-11:30 RST Muscle Mondays Creative Writing Recovery Reelz Gratitude Monday Journey to GED Laundry 4 Love REN Newsletter Arts & Sciences Collective PM Groups 12:30-3 REN On The Move Ice Cream Social 	7 AM Groups 9-11:30 Chair Aerobics Recovery Reelz Craft Nation St Vincent Volunteer RENovation Station HERO RST PM Groups 12:30-3 Anger Management Journey to GED Circle of Support 	8 AM Groups 9-11:30 Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World Journey to GED HERO PM Groups 12:30-3 Men's Group Wal-Mart Run Women's Group	9 AM Groups 9-11:30 RST Circuit Training Power of Positivity Recovery Reelz RENovation Station Arts & Sciences Collective PM Groups 12:30-3 Fun in Recovery Let It Roll Bowling DnD Role Playing Game REN@Nite 3-7:30p REN will be open late for extra activities & dinner!	10 AM Group 9-11:30 Ability 360 Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday RST Bingo Recovery Reelz PM Groups 12:30-3 Good Vibes Music Time Game Time! 	11 Saturday Services 7:30AM-2:30PM TBD (On-Site Activity) Activity Info: <i>Check in with staff for updates.</i> Camp Open Sky Canyon Lake Camp  <i>*Activity subject to change</i>
13 REN CLOSED IN OBSERVATION OF INDIGENOUS PEOPLES DAY  <i>Please Remember to Cancel Your Rides!</i> Sunday 19 7:30-2:30pm Pride Parade 	14 AM Groups 9-11:30 Chair Aerobics Recovery Reelz Craft Nation St Vincent Volunteer RENovation Station HERO RST PM Groups 12:30-3 Anger Management Journey to GED Circle of Support 	15 AM Groups 9-11:30 Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World Journey to GED HERO PM Groups 12:30-3 Woman's Group Wal-Mart Run Men's Group 	16 AM Groups 9-11:30 Circuit Training Arts & Sciences Collective Power of Positivity Recovery Reelz RENovation Station RST PM Groups 12:30-3 Fun in Recovery Let It Roll Bowling DnD Role Playing Game REN@Nite 3-7:30p REN will be open late for extra activities & dinner!	17 AM Group 9-11:30 Ability 360 Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday RST Bingo Recovery Reelz PM Groups 12:30-3 Good Vibes Music Time Game Time! 	18 Saturday Services 7:30AM-2:30PM Garfield Really Really Free Market (Off-Site Activity) Activity Info: <i>Have fun at this community sharing event to find new resources and support!</i>  <i>*Activity subject to change</i>
20 AM Groups 9-11:30 Muscle Mondays Recovery Reelz Gratitude Monday Journey to GED Laundry 4 Love Creative Writing Arts & Sciences Collective REN Newsletter PM Groups 12:30-3 REN on the Move Ice Cream Social 	21 AM Groups 9-11:30 Chair Aerobics Recovery Reelz Craft Nation St Vincent Volunteer RENovation Station HERO RST PM Groups 12:30-3 Anger Management Journey to GED Circle of Support	22 AM Groups 9-11:30 Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World Journey to GED HERO PM Groups 12:30-3 Woman's Group Wal-Mart Run Men's Group 	23 AM Groups 9-11:30 Circuit Training Arts & Sciences Collective Power of Positivity Recovery Reelz RENovation Station RST PM Groups 12:30-3 Fun in Recovery Let It Roll Bowling DnD Role Playing Game REN@Nite 3-7:30p REN will be open late for extra activities & dinner!	24 AM Group 9-11:30 Ability 360 Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday Recovery Reelz Bingo RST PM Groups 12:30-3 Good Vibes Music Time Game Time! 	25 Saturday Services 7:30AM-2:30PM TBD (On-Site Activity) Activity Info: <i>Check in with staff for updates.</i>  <i>*Activity subject to change</i>

OCTOBER 2025 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 AM Groups 9-11:30 Recovery Reelz Journey to GED REN Newsletter Muscle Mondays RST Gratitude Monday Arts & Sciences Collective Creative Writing PM Groups 12:30-3 REN On The Move Wellness & Wholeness 	28 AM Groups 9-11:30 Chair Aerobics Recovery Reelz Craft Nation St Vincent Volunteer RENOvation Station HERO RST PM Groups 12:30-3 Anger Management Journey to GED Circle of Support 	29 AM Groups 9-11:30 Journey to GED Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World RST HERO PM Groups 12:30-3 Men's Group Wal-Mart Run Women's Group	30 AM Groups 9-11:30 Circuit Training Arts & Sciences Collective Power of Positivity Recovery Reelz RENOvation Station RST PM Groups 12:30-3 Fun in Recovery Let It Roll Bowling DnD Role Playing Game REN@Nite 3-7:30p No Evening Services	31 REN ANNUAL HALLOWEEN PARTY  Dress up as your favorite character from Wicked!	



Don't forget

To Sign Up for REN 1:1 Services

- **MindMasters**
 - Relax with light therapy and audio guidance
- **RENewal Spa**
 - Skin care and 1 hour facial with our licensed esthetician
- **SeRENity Salon**
 - REN offers FREE haircuts, color, and style

SIGN UP at RENAZ.ORG

OCTOBER MONTHLY AWARENESS EVENTS

- Breast Cancer Awareness
- Mental Illness Awareness
- Domestic Violence Awareness
- 3rd World Smile Day
- 4th Improve Your Office Day
- 16th Boss's 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 – 3:00pm*
Saturday 7:30am-2:30pm*
*Unless otherwise noted

Meals Served Daily

Breakfast 7:30am – 9:00am
Lunch 11:45am – 12:45pm
Transportation starts @ 3pm

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

RECOVERY
Empowerment
NETWORK

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 It Roll Bowling** 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**
- ⇒ **10/01 REN Closed for All Staff**
- ⇒ **10/02 DnD Role Playing Game**
- ⇒ **10/04 TBD**
- ⇒ **10/06 Laundry 4 Love**
- ⇒ **10/06 Ice Cream Social**
- ⇒ **10/11 TBD**
- ⇒ **10/10-10/13 Camp Open Sky Canyon Lake**
- ⇒ **10/13 REN Closed for Indigenous Peoples Day**
- ⇒ **10/18 Garfield Really Really Free Market**
- ⇒ **10/19 PRIDE Parade**
- ⇒ **10/25 TBD**
- ⇒ **10/31 REN Halloween/Wicked Costume Party**