

AUGUST 2022 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>AM Groups 9-11:30 WHAM & Workout Check In Soup 4 The Soul 8 Dimensions Of Wellness PM Groups 12:30-3 Creative Writing Anger Management HERO Outing</p>	<p>2</p> <p>AM Group 9-11:30 Chair Aerobics Awesome World St Vincent De Paul Transformation Tuesday HERO On-site PM Groups 12:30-3 Circle of Support Women's Group Men's Group</p>	<p>3</p> <p>AM Groups 9-11:30 Fitness Goals W/ Gayle Craft Nation Laundry 4 Love Nutrition & Cooking 4 Health HERO On-site PM Groups 12:30-3 Game Stop! Club Rainbow Recovery Meeting</p> 	<p>4</p> <p>AM Groups 9-11:30 Circuit Training Power of Positivity St Vincent DePaul Adulting 101 PM Groups 12:30-3 Fun In Recovery Let It Roll Bowling with HERO</p> 	<p>5</p> <p>AM Groups 9-11:30 Fitness Friday Bingo Fun Fact Friday Stardust PM Groups 12:30-3 Good Vibes Music Time Game On REN News Team</p> 	<p>6</p> <p>Saturday Services Group 7:30AM-2:30PM</p> <p>Annual East Valley Health and Wellness Expo (Off-site Activity)</p> <p><i>Activity Info:</i> Head to the Mesa Convention Center with REN to learn the latest in fitness, nutrition, health, psychology, workplace wellness and more.</p>
<p>8</p> <p>AM Groups 9-11:30 WHAM & Workout Check In Soup 4 The Soul Fresh Cuts 8 Dimensions Of Wellness PM Groups 12:30-3 Creative Writing HERO Outing</p> 	<p>9</p> <p>AM Group 9-11:30 Community Fitness w/HERO Awesome World St Vincent De Paul Transformation Tuesday PM Groups 12:30-3 Circle of Support Women's Group Men's Group</p>	<p>10</p> <p>AM Groups 9-11:30 Community Fitness w/HERO Craft Nation Nutrition & Cooking 4 Health PM Groups 12:30-3 Game Stop! Club Rainbow Recovery Meeting</p> 	<p>11</p> <p>AM Groups 9-11:30 Community Fitness Power of Positivity OCJ Volunteering Adulting 101 Recovery Reelz PM Groups 12:30-3 Fun In Recovery Let It Roll Bowling with HERO</p> 	<p>12</p> <p>AM Groups 9-11:30 Fitness Friday Bingo Stardust Fun Fact Friday Recovery Reelz PM Groups 12:30-3 Good Vibes Music Time Game On</p>	<p>13</p> <p>Saturday Services Group 7:30AM-2:30PM</p> <p>The Culture Fitness and Fashion Expo (Off-site Activity)</p> <p><i>Activity Info:</i> Head to the Phoenix Convention Center with REN to explore the latest in fitness trends and fashion.</p>
<p>15</p> <p>AM Groups 9-11:30 WHAM & Workout Check In Soup 4 The Soul Recovery Reelz 8 Dimensions Of Wellness PM Groups 12:30-3 Creative Writing HERO Outing</p>	<p>16</p> <p>AM Groups 9-11:30 Chair Aerobics Awesome World St Vincent De Paul Transformation Tuesdays Recovery Reelz HERO On-site PM Groups 12:30-3 Circle of Support Women's Group Men's Group</p>	<p>17</p>  <p>All Staff REN Closed</p> <p><i>Remember to cancel your rides!</i></p>	<p>18</p> <p>Camp Shadow Pines!</p>  <p>Camp 212 Group 7:30AM-3PM</p> <p>All day activities held on-site at REN!</p>	<p>19</p> <p>Camp 212 Group 7:30AM-3PM</p> <p>All day activities held on-site at REN!</p> 	<p>20</p> <p>REN Closed for Saturday Services</p> 
<p>22</p> <p>AM Groups 9-11:30 WHAM & Workout Check In Soup 4 The Soul 8 Dimensions Of Wellness PM Groups 12:30-3 Creative Writing Anger Management HERO Outing</p> 	<p>23</p> <p>AM Groups 9-11:30 Chair Aerobics Awesome World St Vincent De Paul Transformation Tuesday Recovery Reelz HERO On-site PM Groups 12:30-3 Circle of Support Women's Group Men's Group</p> 	<p>24</p> <p>AM Groups 9-11:30 Fitness Goals W/ Gayle Craft Nation Nutrition & Cooking 4 Health HERO On-site PM Groups 12:30-3 Game Stop! Club Rainbow Recovery Meeting</p>	<p>25</p> <p>AM Groups 9-11:30 Circuit Training Power of Positivity St Vincent De Paul Adulting 101 Recovery Reelz PM Groups 12:30-3 Fun In Recovery Let It Roll Bowling with HERO</p> 	<p>26</p> <p>AM Groups 9-11:30 Fitness Friday Bingo Stardust Fun Fact Friday Recovery Reelz PM Groups 12:30-3 Good Vibes Music Time Game On</p>	<p>27</p> <p>Saturday Services Group 7:30AM-2:30PM</p> <p>Shaker Breakers (On-site Activity)</p> <p><i>Activity Info:</i> Come get a Saturday sweat on with low impact chair aerobics and protein shakes to help celebrate a healthy weekend.</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>29</p> <p>AM Groups 9-11:30 WHAM & Workout Check In Soup 4 The Soul</p> <p>Recovery Reelz 8 Dimensions Of Wellness</p> <p>PM Groups 12:30-3 Creative Writing Anger Management HERO Outing</p>	<p>30</p> <p>AM Groups 9-11:30 Chair Aerobics Awesome World St Vincent De Paul Transformation Tuesdays</p> <p>Recovery Reelz HERO On-site</p> <p>PM Groups 12:30-3 Circle of Support Women's Group Men's Group</p> 	<p>31</p> <p>AM Groups 9-11:30 Fitness Goals W/ Gayle Craft Nation Nutrition & Cooking 4 Health HERO On-site</p> <p>PM Groups 12:30-3 Club Rainbow Game Stop! Recovery Meeting</p> 	 <p>Kindness is always beautiful. -Unknown</p>		

Understanding the Calendar

- *Closed group which requires registration with group staff
 - Bold & PURPLE items mean outing**
 - Bold & GREEN requires sign up**
 - Bold & BLUE is groups/activities on the second floor**
 - Black is groups/activities held on the first floor
- Computer Lab | M-F 7:30 AM / 9:00 AM**

Calendar Highlights

- ⇒ **08/03 Laundry 4 Love**
- ⇒ 08/04 Let it Roll Bowling w/HERO
- ⇒ **08/05 REN News Team**
- ⇒ 08/06 Annual East Valley Health & Wellness Expo
- ⇒ **08/08 Fresh Cuts**
- ⇒ 08/09 - 08/11 Community Fitness w/HERO
- ⇒ **08/11 Recovery Reelz begins**
- ⇒ 08/11 Let it Roll Bowling w/HERO
- ⇒ **08/13 The Culture Fitness & Fashion Expo**
- ⇒ 08/17 CLOSED for ALL STAFF
- ⇒ **08/18 - 08/21 Camp Shadow Pines**
- ⇒ 08/18 - 08/19 Camp 212 @ REN site
- ⇒ **08/20 REN Closed for Saturday Services**
- ⇒ 08/25 Let it Roll Bowling w/HERO
- ⇒ **08/27 Shaker Breakers**

August 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 @ 2:15pm

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

RECOVERY
Empowerment
NETWORK



Make Your Journey With Us!