





# AUGUST 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 <b>AM Groups 9-11:30</b> Circuit Training St Vincent DePaul Volunteer Power of Positivity</p> <p><b>PM Groups 12:30-3</b> REN/HERO: Bowling Fun in Recovery</p> <p><b>REN@Nite 3-7:30p</b> REN will be open late for extra activities and a great dinner!</p> 	<p>2 <b>AM Group 9-11:30</b> Fun Fact Friday Stardust Volunteer Bingo Ability 360 Tea Time LGBTQ+</p> <p><b>PM Groups 12:30-3</b> Good Vibes Music Time</p> 	<p>3 <b>Saturday Services 7:30AM-2:30PM</b> Let's Go Shop (Off-Site Activity) <b>Activity Info:</b> Travel to Christown Spectrum Mall for a fun day of shopping.</p>  <p><i>*Activity subject to change</i></p>
<p>5 <b>AM Groups 9-11:30</b> Muscle Mondays Weekend Highlights Fresh Cutz Creative Writing WRAP</p> <p><b>PM Groups 12:30-3</b> Wellness &amp; Wholeness REN/HERO Fun in the Sun Pool Outing</p> 	<p>6 <b>AM Groups 9-11:30</b> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO WRAP</p> <p><b>PM Groups 12:30-3</b> Anger Management Circle of Support</p>	<p>7 <b>REN closed for All Staff</b></p>  <p><i>Remember to cancel your rides!</i></p>	<p>8 <b>AM Groups 9-11:30</b> Circuit Training St Vincent DePaul Volunteer Power of Positivity WRAP</p> <p><b>PM Groups 12:30-3</b> REN/HERO: Bowling Fun in Recovery</p> <p><b>REN@Nite 3-7:30p</b> REN will be open late for extra activities and a great dinner!</p>	<p>9 <b>AM Group 9-11:30</b> Fun Fact Friday Stardust Volunteer Bingo Ability 360 Tea Time LGBTQ+ WRAP</p> <p><b>PM Groups 12:30-3</b> Good Vibes Music Time</p>	<p>10 <b>REN Site will be closed!</b></p>  <p><i>Remember to cancel your rides!</i></p>
<p>12 <b>REN closed for Self Care Day!</b></p>  <p><i>Remember to cancel your rides!</i></p>	<p>13 <b>AM Groups 9-11:30</b> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO</p> <p><b>PM Groups 12:30-3</b> Anger Management Circle of Support</p>	<p>14 <b>AM Groups 9-11:30</b> Wellness Workouts Sitting on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World</p> <p><b>PM Groups 12:30-3</b> Women's Group Men's Group</p>	<p>15 <b>RC Scout BIG CAMP!!!</b> 8/15 - 8/18</p>  <p>Camp 212 @ REN Site</p> 	<p>16 <b>RC Scout BIG CAMP!!!</b> 8/15 - 8/18</p>  <p>Camp 212 @ REN Site</p> 	<p>17 <b>Saturday Services 7:30AM-2:30PM</b> Art Heals (On-Site Activity) <b>Activity Info:</b> Create intricate works of art using your hands as stencils to illustrate your recovery journey.</p>  <p><i>*Activity subject to change</i></p>
<p>19 <b>AM Groups 9-11:30</b> Muscle Mondays Weekend Highlights Laundry 4 Love Creative Writing</p> <p><b>PM Groups 12:30-3</b> Wellness &amp; Wholeness REN/HERO Fun in the Sun Pool Outing</p> 	<p>20 <b>AM Groups 9-11:30</b> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO</p> <p><b>PM Groups 12:30-3</b> Anger Management Circle of Support</p> 	<p>21 <b>AM Groups 9-11:30</b> Wellness Workouts Sitting on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World</p> <p><b>PM Groups 12:30-3</b> Women's Group Men's Group</p>	<p>22 <b>AM Groups 9-11:30</b> Circuit Training St Vincent DePaul Volunteer Power of Positivity RST Orientation</p> <p><b>PM Groups 12:30-3</b> REN/HERO: Bowling Fun in Recovery</p> <p><b>REN@Nite 3-7:30p</b> REN will be open late for extra activities and a great dinner!</p>	<p>23 <b>AM Group 9-11:30</b> Fun Fact Friday Stardust Volunteer Bingo Ability 360 Tea Time LGBTQ+</p> <p><b>PM Groups 12:30-3</b> Good Vibes Music Time</p> 	<p>24 <b>Saturday Services 7:30AM-2:30PM</b> Scottsdale Health &amp; Wellness Festival (Off-Site Activity) <b>Activity Info:</b> Gather your dumbbells and dive into the world of fitness at this annual event.</p>  <p><i>*Activity subject to change</i></p>

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<p>26 <b>AM Groups 9-11:30</b> <b>Muscle Mondays</b> Weekend Highlights <b>RST</b> Creative Writing</p> <p><b>PM Groups 12:30-3</b> Wellness &amp; Wholeness <b>REN/HERO Fun in the Sun Pool Outing</b></p> 	<p>27 <b>AM Groups 9-11:30</b> <b>Chair Aerobics</b> Craft Nation <b>St Vincent DePaul Volunteer</b> HERO <b>RST</b></p> <p><b>PM Groups 12:30-3</b> <b>Anger Management</b> Circle of Support</p>	<p>28 <b>AM Groups 9-11:30</b> <b>Wellness Workouts</b> Sitting on Sobriety <b>Heidi's Village Animal Shelter Volunteer</b> Awesome World</p> <p><b>PM Groups 12:30-3</b> Women's Group <b>Men's Group</b></p> 	<p>29 <b>AM Groups 9-11:30</b> <b>Circuit Training</b> <b>St Vincent DePaul Volunteer</b> Power of Positivity <b>RST</b></p> <p><b>PM Groups 12:30-3</b> <b>REN/HERO: Bowling</b> Fun in Recovery</p> <p><b>REN@Nite 3-7:30p</b> REN will be open late for extra activities and a great dinner!</p>	<p>30 <b>AM Group 9-11:30</b> Fun Fact Friday <b>Stardust Volunteer</b> Bingo <b>Ability 360</b> Tea Time LGBTQ+ <b>RST</b></p> <p><b>PM Groups 12:30-3</b> Good Vibes Music Time</p> 	<p>31 <b>REN Site will be closed!</b></p>  <p>Remember to cancel your rides!</p>



## Calendar Highlights

- ⇒ **REN/HERO Bowling every Thursday 12:30 - 3pm**
- ⇒ **Fun in the Sun Pool Outing every Monday 12:30 - 7:30pm**
- ⇒ **08/03 Let's Go Shop**
- ⇒ **08/05 Fresh Cutz**
- ⇒ **08/05 WRAP begins**
- ⇒ **08/07 REN closed for All Staff**
- ⇒ **08/10 REN Closed for Self Care Day**
- ⇒ **08/12 REN closed for Self Care Day**
- ⇒ **08/15 - 08/18 RC Scout Big Camp**
- ⇒ **08/15 - 08/16 Camp 212 @ REN**
- ⇒ **08/17 Art Heals**
- ⇒ **08/19 Laundry 4 Love**
- ⇒ **08/22 RST Orientation**
- ⇒ **08/24 Scottsdale Health & Wellness Fair**
- ⇒ **08/26 RST begins**
- ⇒ **08/31 REN Site closed in observation of Labor Day Weekend**

## AUGUST MONTHLY AWARENESS EVENTS

- National Immunization Awareness
- 4th U.S. Coast Guard Day
- 15th Relaxation Day
- 19th World Photo Day
- 19th World Humanitarian Day
- 26th Women's Equality Day

### Understanding the Calendar

- **GREEN** requires sign up
- **BLUE** gym
- **Calendar Subject to Change**
- **PURPLE** Courage Computer Lab  
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



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](http://www.renaz.org/events)