REN CALENDAR - SEPTEMBER 2019 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 2 3 4 5 6 7 9~11:30 Check in 9~11:30 Check in 9~11:30 Check in 9~11 Gift In Kind Weekend "Acts Of Kindness "Self Improvement" "Meditation & 9-11 Recovery Meeting Connections Recovery Or "Art Basics" Relaxation" Through Art" or 9-11:30 Men's Group **Empowerment** "Mind Over Mood" *9~11 HYL Orientation 9~11:30 Creative 9~11:30 Women's Let's Go Network Centers To The Movies! 9~11:30 Sports In The Writing 9~12:30 Gym Swim & Group 9~11:30 Check in 9~11:30 Barber College Rock Climbing Limit 24 Community 9-1 Volunteering 9~11:30 LGBTQ Support 9-11:30 Chair Aerobics "Friendship Friday" or *Sign Up At Front Will Be CLOSED Desk Group & Open Gym St. Vincent DePaul "Philosophy" 9~1 Volunteering For Labor Day! 12:30~2:30 Open Topic *9~3 HYL Workshop 9~11:30 Circuit (Off-site Outing) St. Vincent DePaul 12:30-3 Mall Walk 9~3 COLORS Training & Open Gym 7:30am ~2:30pm 12:30~2:30 Film 10-11:30 Yoga & Limit 8 9-5 Crescent Moon Remember to Meditation 2~3 Understanding Limit 20 Discovery 12:30-2:30 Social Games Nutrition 12:30-2:30 Grief & Loss 12:30~2:30 Games & Art cancel your rides! 12:30~2:30 Spiritual 2:30~4:30 Acting & 12:30~2:30 Ted Talks & 2:30~4:30 Karaoke Emergence Games **Topics** Social Labor Day 2~3 Healthy Cooking 2:30~4:30 Music 2:30~4:30 Trivia & Games Appreciation 12 13 10 11 9~11:30 Check in 9~11:30 Check in 9~11 Gift In Kind 8-1 Volunteering 9~11 Volunteering "Self Improvement" Food Box Distribution Adopt-A-Street "Acts Of Kindness 9-11 Recovery Meeting Or "Art Basics" 9~11:30 Check in 9~11:30 Check in Through Art" or 9~11:30 Check in Weekend "Boundaries" or 9~11:30 Sports In The "Meditation & "Mind Över Mood" "Friendship Friday" or Connections "AM Karaoke Social" 9-12:30 Gym Swim & Community "Philosophy" Relaxation" 9~11:30 PTSD Class 9~11:30 LGBTQ Support 9~11:30 Creative Rock Climbing 9~11:30 Men's Group Man's 9-11:30 Harvest For 9-1 Volunteering Group 9~11:30 Women's Writing Best Friend Compassion Limit 8 9~1 Volunteering 9-11:30 Chair Aerobics St. Vincent DePaul Group Day! 9~11:30 Laundry 4 Love St. Vincent DePaul 9~11:30 Ĉircuit & Open Gym *9~3 HYL Workshop 9~11:30 Fun w/ Fitness *9~3 HYL Workshop 12:30~2:30 Open Topic Training & Open Gym 9~3 COLORS 7:30am ~2:30pm 12:30~2:30 Voices & 10~11:30 Yoga & 12:30~2:30 Cards For 10~11:30 Smart Recovery 12:30~2:30 Film Meditation 12:30-2:30 Ted Talks & Visions Heroes Discovery 12:30~2:30 Beading & 12:30~2:30 Social Games 12:30~2:30 Games & Art 2:30~4:30 Acting & **Topics** 12:30~2:30 Spiritual 12:30-2:30 Grief & Loss 12:30-3 Library-Limit 8 Games Games 12:30~3 Gym & Swim Emergence 2~3 Healthy Cooking 2:30~4:30 Karaoke 2:30~4:30 Music 2:30-4:30 Electric Bingo 2:30~4:30 Trivia & Games Social Appreciation 16 17 18 19 20 21 8-1 Volunteering 9~11:30 Check in 9~11:30 Check in Food Box Distribution "Self Improvement" "Meditation & All Staff All Staff 9-11:30 Check in Or "Art Basics" Relaxation" Weekend "Boundaries" or 9~11:30 Sports In The 9~11:30 Creative Connections Training **Training** "AM Karaoke Social" Community Writing **REN Closed** 9~11:30 PTSD Class **REN Closed** 9~11:30 LGBTQ Support 9-11:30 Chair Aerobics Recycle-Rama! 9~11:30 Fun w/ Fitness & Open Gym Group 9~1 Volunteering 7:30am ~2:30pm 12:30~2:30 Voices & Remember to Remember to Visions St. Vincent DePaul Member Meeting 12:30-2:30 Beading & *9~3 HYL Workshop 12:30-4:30pm cancel your rides! cancel your rides! Games 10~11:30 Yoga & 12:30~3 Gvm & Swim Meditation 2:30-4:30 Electric Bingo 12:30~2:30 Social Games 12:30-3 Bowling-Limit 16 2:30~4:30 Music Appreciation 23 24 25 27 28 8-1 Volunteering 9~11:30 Check in 9~11:30 Check in 9-11 Gift In Kind Food Box Distribution "Self Improvement" "Meditation & 9~11:30 Check in Weekend Or "Art Basics" Relaxation" "Friendship Friday" or Connections 9~11:30 Check in "Boundaries" or 9-11:30 Sports In The 9~11:30 Creative "Philosophy" 9~11:30 Men's Group "AM Karaoke Social" Community Writing The Art 9~11:30 PTSD Class 9~11:30 LGBTQ Support 9-11:30 Chair Aerobics 9~11:30 Women's Of Recovery Of Arts! Limit 24 9-11:30 Fun w/ Fitness Group & Open Gym Group 12:30-2:30 Beading & 11~3 Pollack Cinema 12:30~2:30 Open Topic 9~11:30 Ĉircuit *Sign Up At Front Desk 7:30am~3:00pm Games Limit 16 12:30-3 Barber College Training & Open Gym 12:30~3 Laundry 4 Love 9~1 Volunteering 2:30~4:30 Acting & 9~4 Prescott Heritage (Off-site Outing) 12:30~3 Gym & Swim St. Vincent DePaul Games Zoological Sanctuary 7:30am ~2:30pm 2:30-4:30 Electric Bingo 2~3 Teaming Up Limit 17 *9~3 HYL Workshop 12:30~2:30 Spiritual Against Tobacco 12:30~2:30 Film Emergence Discovery

12:30~2:30 Games & Art

2:30-4:30 Karaoke

Social

12:30~2:30 Social Games

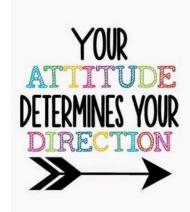
2:30~4:30 Music

Appreciation

REN CALENDAR - SEPTEMBER 2019

MONDAY	Tuesday	WEDNESDAY	Thursday	FRIDAY	Saturday
30 8-1 Volunteering Food Box Distribution 9-11:30 PTSD 9-11:30 Check in "Boundaries" or "AM Karaoke Social" 9-11:30 Fun w/ Fitness 12:30-2:30 Beading & Games 12:30-3 Gym & Swim 2:30-4:30 Electric Bingo	Reme	mber September! My	Personal Goals For Gro	owth This Month Are	







Understanding the Calendar

- *Closed group which requires Registration with group staff
- Bold items mean outing
- Bold & GREEN requires sign up with Recovery in Action (RIA)
- Blue is groups/activities on the second floor
- Black is groups/activities held on the first floor
- Bold & ORANGE is an Event/Party

Computer Lab | M-F 12:30 -3:30 PM

REN Hours

Monday - Friday 7:30am - 4:30pm Saturday 7:30am - 2:30pm

Meals Served Daily Breakfast 8:00am – 9:00am Lunch 11:30am – 12:30pm



Recovery In Action is changing the way we sign up for offsite RIA activities. If you're interested in attending, please sign up outside the RIA office upstairs by the gym, door #2009.

For any questions regarding RIA offsite activities, or wish to cancel by phone, please contact the Recovery In Action Team at 602-526-3610. Leave your name, number & outing. RIA Activities require 48-Hour Notice.

All RIA activities have limited spaces available.

Personal Training available after lunch in the fitness center on Tuesdays & Wednesdays!

Calendar Highlights

- \Rightarrow 9/2 CLOSED for Labor Day
- ⇒ 9/5 Crescent Moon
- ⇒ **9/9** Harvest For Compassion
- ⇒ **9/12** Ballet Under The Stars
- ⇒ 9/18 Member Meeting
- ⇒ 9/19 CLOSED for Staff Training
- ⇒ 9/20 CLOSED for Staff Training
- ⇒ 9/26 Festival Of Arts!
- ⇒ **9/27** Prescott Heritage Zoological Sanctuary

