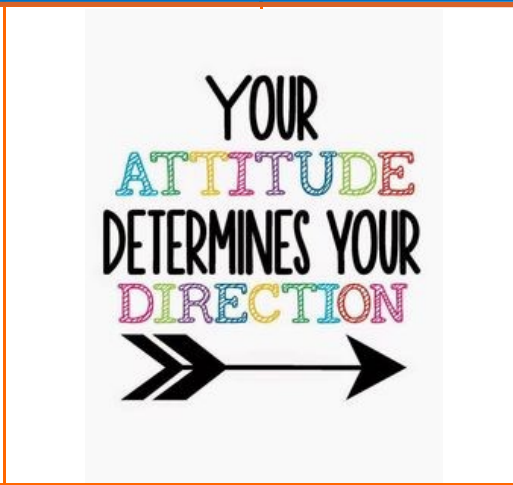


REN CALENDAR - SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Recovery Empowerment Network Centers</p> <p>Will Be CLOSED For Labor Day!</p> <p><i>Remember to cancel your rides!</i></p> 	<p>3</p> <p>9-11:30 Check in "Self Improvement" Or "Art Basics" <i>*9-11 HYL Orientation</i> 9-11:30 Sports In The Community 9-11:30 LGBTQ Support Group 9-1 Volunteering St. Vincent DePaul 10-11:30 Yoga & Meditation 12:30-2:30 Social Games 12:30-2:30 Spiritual Emergence 2:30-4:30 Music Appreciation</p>	<p>4</p> <p>9-11:30 Check in "Meditation & Relaxation" 9-11:30 Creative Writing 9-11:30 Barber College 9-11:30 Chair Aerobics & Open Gym 12:30-2:30 Open Topic 12:30-3 Mall Walk Limit 8 2-3 Understanding Nutrition 2:30-4:30 Acting & Games</p>	<p>5</p> <p>9-11:30 Check in "Acts Of Kindness Through Art" or "Mind Over Mood" 9-12:30 Gym Swim & Rock Climbing 9-1 Volunteering St. Vincent DePaul <i>*9-3 HYL Workshop</i> 9-3 COLORS 9-5 Crescent Moon Limit 20 12:30-2:30 Grief & Loss 12:30-2:30 Ted Talks & Topics 2-3 Healthy Cooking 2:30-4:30 Trivia & Games</p>	<p>6</p> <p>9-11 Gift In Kind 9-11 Recovery Meeting 9-11:30 Men's Group 9-11:30 Women's Group 9-11:30 Check in "Friendship Friday" or "Philosophy" 9-11:30 Circuit Training & Open Gym 12:30-2:30 Film Discovery 12:30-2:30 Games & Art 2:30-4:30 Karaoke Social</p>	<p>7</p> <p>Weekend Connections</p> <p>Let's Go To The Movies! Limit 24 *Sign Up At Front Desk</p> <p>(Off-site Outing) 7:30am -2:30pm</p> 
<p>9</p> <p>8-1 Volunteering Food Box Distribution 9-11:30 Check in "Boundaries" or "AM Karaoke Social" 9-11:30 PTSD Class 9-11:30 Harvest For Compassion Limit 8 9-11:30 Laundry 4 Love 9-11:30 Fun w/ Fitness 12:30-2:30 Voices & Visions 12:30-2:30 Beading & Games 12:30-3 Gym & Swim 2:30-4:30 Electric Bingo</p>	<p>10</p> <p>9-11:30 Check in "Self Improvement" Or "Art Basics" 9-11:30 Sports In The Community 9-11:30 LGBTQ Support Group 9-1 Volunteering St. Vincent DePaul <i>*9-3 HYL Workshop</i> 10-11:30 Yoga & Meditation 12:30-2:30 Social Games 12:30-2:30 Spiritual Emergence 2:30-4:30 Music Appreciation</p>	<p>11</p> <p>9-11 Volunteering Adopt-A-Street 9-11:30 Check in "Meditation & Relaxation" 9-11:30 Creative Writing 9-11:30 Chair Aerobics & Open Gym 12:30-2:30 Open Topic 12:30-2:30 Cards For Heroes 2:30-4:30 Acting & Games</p> 	<p>12</p> <p>9-11:30 Check in "Acts Of Kindness Through Art" or "Mind Over Mood" 9-12:30 Gym Swim & Rock Climbing 9-1 Volunteering St. Vincent DePaul <i>*9-3 HYL Workshop</i> 9-3 COLORS 10-11:30 Smart Recovery 12:30-2:30 Ted Talks & Topics 12:30-2:30 Grief & Loss 2-3 Healthy Cooking 2:30-4:30 Trivia & Games</p>	<p>13</p> <p>9-11 Gift In Kind 9-11 Recovery Meeting 9-11:30 Check in "Friendship Friday" or "Philosophy" 9-11:30 Men's Group 9-11:30 Women's Group 9-11:30 Circuit Training & Open Gym 12:30-2:30 Film Discovery 12:30-2:30 Games & Art 12:30-3 Library-Limit 8 2:30-4:30 Karaoke Social</p>	<p>14</p> <p>Weekend Connections</p> <p>Man's Best Friend Day!</p> <p>7:30am -2:30pm</p> 
<p>16</p> <p>8-1 Volunteering Food Box Distribution 9-11:30 Check in "Boundaries" or "AM Karaoke Social" 9-11:30 PTSD Class 9-11:30 Fun w/ Fitness 12:30-2:30 Voices & Visions 12:30-2:30 Beading & Games 12:30-3 Gym & Swim 2:30-4:30 Electric Bingo</p>	<p>17</p> <p>9-11:30 Check in "Self Improvement" Or "Art Basics" 9-11:30 Sports In The Community 9-11:30 LGBTQ Support Group 9-1 Volunteering St. Vincent DePaul <i>*9-3 HYL Workshop</i> 10-11:30 Yoga & Meditation 12:30-2:30 Social Games 12:30-3 Bowling-Limit 16 2:30-4:30 Music Appreciation</p>	<p>18</p> <p>9-11:30 Check in "Meditation & Relaxation" 9-11:30 Creative Writing 9-11:30 Chair Aerobics & Open Gym</p> <p>Member Meeting 12:30-4:30pm</p> 	<p>19</p> <p>All Staff Training REN Closed</p> <p><i>Remember to cancel your rides!</i></p> 	<p>20</p> <p>All Staff Training REN Closed</p> <p><i>Remember to cancel your rides!</i></p>	<p>21</p> <p>Weekend Connections</p> <p>Recycle-Rama!</p> <p>7:30am -2:30pm</p> 
<p>23</p> <p>8-1 Volunteering Food Box Distribution 9-11:30 Check in "Boundaries" or "AM Karaoke Social" 9-11:30 PTSD Class 9-11:30 Fun w/ Fitness 12:30-2:30 Beading & Games 12:30-3 Laundry 4 Love 12:30-3 Gym & Swim 2:30-4:30 Electric Bingo</p>	<p>24</p> <p>9-11:30 Check in "Self Improvement" Or "Art Basics" 9-11:30 Sports In The Community 9-11:30 LGBTQ Support Group 11-3 Pollack Cinema Limit 16 9-1 Volunteering St. Vincent DePaul <i>*9-3 HYL Workshop</i> 12:30-2:30 Spiritual Emergence 12:30-2:30 Social Games 2:30-4:30 Music Appreciation</p>	<p>25</p> <p>9-11:30 Check in "Meditation & Relaxation" 9-11:30 Creative Writing 9-11:30 Chair Aerobics & Open Gym 12:30-2:30 Open Topic 12:30-3 Barber College 2:30-4:30 Acting & Games 2-3 Teaming Up Against Tobacco</p>	<p>26</p> <p>Festival Of Arts! 7:30am-3:00pm</p> 	<p>27</p> <p>9-11 Gift In Kind 9-11:30 Check in "Friendship Friday" or "Philosophy" 9-11:30 Men's Group 9-11:30 Women's Group 9-11:30 Circuit Training & Open Gym 9-4 Prescott Heritage Zoological Sanctuary Limit 17 12:30-2:30 Film Discovery 12:30-2:30 Games & Art 2:30-4:30 Karaoke Social</p>	<p>28</p> <p>Weekend Connections</p> <p>The Art Of Recovery Limit 24 *Sign Up At Front Desk</p> <p>(Off-site Outing) 7:30am -2:30pm</p> 

REN CALENDAR – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 8-1 Volunteering Food Box Distribution 9-11:30 FTSD 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	Remember September! My Personal Goals For Growth 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

- ⇒ 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

#RENROCKS!