



DECEMBER 2020 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>AM Groups 9-11:30 Recreational Wellness @The Park Giving Back & Recovery Responsibility REC Get Organized & Plan Your Month CR HERO Open 9-11:30 PM Groups 12:30-3 Boundaries & Holiday Self-Care REC Manga & Comic Creations CR</div>	<div>2</div> <div>AM Groups 9-11:30 Warm Up Stretch & Leg Day Healthy Holiday Secrets & Resources REC Celebrating Recovery & Holistic Exploration CR PM Groups 12:30-3 REC Fun Time REC Disc Golf & REC Park CR</div>	<div>3</div> <div>AM Groups 9-11:30 Tune In & Tone Up Compassionate Communication & Artistic Expressions World View & Moving Towards CR PM Groups 12:30-3 Wisdom Circle & Connections REC Adventure Time & Team Challenges CR Let It Roll (limit 16) MHAC Event 3-6:30PM Dinner Served</div>	<div>4</div> <div>AM Groups 9-11:30 Meditation & Rec @ The Park Mind/Body/Soul Chakras REC Recovery In Music & Name That Tune CR PM Groups 12:30-3 Toys Of History & Sharing Memories REC Check ins & Film Discovery CR Barber College (LIMIT 7)</div>	<div>5</div> <div>Saturday Services Tempe Festival Of The Arts (LIMIT 18) </div>
	<div>7</div> <div>AM Groups 9-11:30 WHAM & Workout Holiday Trivia & Music Appreciation REC Cultivating Mindfulness & Loving Thyself CR PM Groups 12:30-3 Holiday Make & Take REC Goal Setting & Celebrating Accomplishments CR Recovery W/ Jimmy RST Classroom</div>	<div>8</div> <div>AM Groups 9-11:30 Nature Walk Healthy Food & Healthy Habits REC Hope In Film & Inspiring Others CR HERO 9-11:30 Women's Group RST Room PM Groups 12:30-3 Holiday Make & Take REC Sharing Stories & Better Communication CR Men's Group @ The Park</div>	<div>9</div> <div>AM Groups 9-11:30 Strength & Cardio Training Holiday Make & Take REC Understanding Fear & Anxiety CR PM Groups 12:30-3 Minute To Win It & Team Challenges REC Support In Recovery CR Volunteering </div>	<div>10</div> <div>AM Groups 9-11:30 You are what you eat & WHAM Circle of Wellness & Celebrating Survivors REC Understanding Nutrients & Nutrient Trivia CR PM Groups 12:30-3 Holiday Make & Take REC Strength & Advocacy CR Schnepf Farms (LIMIT 18)</div>	<div>11</div> <div></div>
<div>14</div> <div>AM Groups 9-11:30 WHAM & Workout Respect for Self & Others REC Check Ins & Weekly Goals CR Men's Group @ The Park PM Groups 12:30-3 Wilderness Survival & Surviving The City REC Chakras & Mindful Music CR</div>	<div>15</div> <div>Holiday Party (LIMIT 60) </div>	<div>16</div> <div> All Staff REN Closed Remember to cancel your rides!</div>	<div>17</div> <div>Holiday Party (LIMIT 60) </div>	<div>18</div> <div>AM Groups 9-11:30 Rock & Roll Fitness Sharing Favorites & Holiday BINGO REC Human Connection & Navigating Loneliness CR STARDUST PM Groups 12:30-3 Holiday Karaoke & Wellness REC Creative Writing & Vision Boards CR Barber College</div>	<div>19</div> <div>Saturday Services Fantabulous Friends-MAS </div>
<div>21</div> <div>AM Groups 9-11:30 Sweating To The Holidays & YEE-Cember Exploring Technology & A Friendly Mixer REC Chakras & Meditation CR PM Groups 12:30-3 DIY Treats & Top Holiday Film Moments REC Holidays Around The World & Games CR Recovery With Jimmy RST Room</div>	<div>22</div> <div>AM Groups 9-11:30 Nature Walk Mummers Parade Project REC Self Development & Goal Planning CR HERO open 9-11:30 PM Groups 12:30-3 Holiday Crafts & Cheer REC Philosophy & Curious Traditions CR</div>	<div>23</div> <div>AM Groups 9-11:30 Holiday Games & Treats REC Adventure Time & Storytelling CR PM Groups 12:30-3 Fun Time Team Challenges REC. TED Talks & Smoothies BOOM CR</div>	<div>24</div> <div>REN </div>	<div>25</div> <div>IS</div>	<div>26</div> <div>CLOSED</div>

DECEMBER 2020 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 AM Groups 9-11:30 Morning Sweat Session Word Games & Thesaurus Benefits REC Staying Safe & A Year Of Hope CR PM Groups 12:30-3 Emotional Awareness & Music & Good Vibes REC	29 AM Groups 9-11:30 Healthy You & New Year Pastel Boards REC Creative Writing & Spirituality CR HERO Open PM Groups 12:30-3 Anima & Maga & Folk Lore Oh My REC Imagine Your Avatar & Strategy CR	30 AM Groups 9-11:30 New Year New You & Film Discovery REC Celebration Of Self & Growth CR PM Groups 12:30-3 Growth Mindset & Pictograph Affirmations REC Adventure Time & Games CR	31  		



Understanding the Calendar

- *Closed group which requires Registration with group staff
- **Bold items mean outing**
- **Bold & GREEN requires sign up**
- 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



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

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

Lunch 11:45am – 12:45pm
 Transportation starts @ 2:15pm

Calendar Highlights

- ⇒ 12/3 Let It Roll Bowling
- ⇒ 12/3 MHAC (Dinner Served)
- ⇒ 12/5 Tempe Festival Of The Arts
- ⇒ 12/10 Schnepf Farms
- ⇒ 12/11 REN Closed
- ⇒ 12/12 Holiday Bonanza
- ⇒ 12/15 Holiday Party
- ⇒ 12/16 REN Closed
- ⇒ 12/17 Holiday Party
- ⇒ 12/18 Barber College
- ⇒ 12/24-12/26 REN Closed

December REN Hours
 Monday - Friday 7:30am – 3:00pm*
 Saturday 7:30am-2:30pm*
 *Unless otherwise noted

Meals Served Daily
 Breakfast 7:30am – 9:00am