

HERO August Calendar

HERO Discovery Center

212 E Osborn Rd.
Phoenix AZ 85012(602)
762-1446

Staff:

Jennifer Alonzo Hobbs
(Recovery Coach)

Hours of Operation:

Monday-Friday
7:30am-4:00pm

Breakfast from 7:30am-9:00am
Lunch from 11:30am-12:30pm

***ALL Outings are bold on the calendar. Community Events are in Italics. Keep a look out for these events.**

Calendar is subject to change.



MON.	TUE.	WED.	THU.	FRI.	SAT.
1 Library 11:30-3pm	2 St Vincent DePaul 9-11:30am	3 Games 9-11:30am	4 Bowling 11:30-3pm	5	6
8 Mall Walk 11:30-3pm	9 Community Fitness 9-11:30am	10 Community Fitness 9-11:30am	11 Bowling 11:30-3pm	12	13
15 Trampoline Park 11:30-3pm (wear your socks)	16 Mosaic Art 9-11:30am	17 <i>CLOSED FOR ALL STAFF</i> 	18 	19	20
22 Pool @ Main Event 11:30-3pm	23 8 dimensions of wellness 9-11:30am	24 Cooking Skills 9-11:30am	25 Bowling 11:30-3pm	26	27
29 Recovery Meeting 11:30-3pm	30 Boundaries 9-11:30am	31 Grief and dealing with loss 9-11:30 am			

1:1 Time Available - This is an opportunity to have some time with the program manager to openly discuss what's going on.

8 Dimensions of Wellness— We get to discuss any of the eight dimensions of wellness and how we can relate it to our overall mental health.

Art - This is a time to creatively express yourself through the planned art activity. Revisiting mosaic since

Boundaries - Everyone's boundaries are different. Let's improve how close we get to one another's.

Bowling— We are headed to Let it Roll Bowl for some heathy competition and fn with friends.

Budgeting - Let's take a look together to find the best ways to spend and save our money.

Calendar— Come help HERO put together a calendar of your dreams.

Cooking Skills- Come learn how to make some simple dishes in our kitchen

Community Fitness— Join Ren staff to meet with peers to go out for volleyball or other sports and get in some exercise.

Games - Play your favorite board and card games at the HERO Center.

Giving Back— This is an opportunity to give back to our community through youth homeless outreach. This will include going to CASS to serve the homeless population and volunteer our time and service.

Grief and Loss— How do you handle loss? Let's get together and discuss ways to support our journey with loss and how to handle grief.

Laugh Factory - Watch some funny videos with HERO to pick up your spirit and discuss how laughing is good for your health.

Library—Bring your books to return and a you have the opportunity to check out new ones!

Mall Walk - Join HERO for a walk around the mall to practice budgeting.

Pool at Main Event— We are headed to Main Event to play some games of pool with friends to socialize and decrease isolation.

Recovery Talk - Come together to practice life skills, work toward independent living, and move beyond big feelings.

Trampoline Park— WEAR YOUR SOCKS!! We are jumping today for joy and for fun at Elevate Trampoline.