

# HERO December Calendar

## HERO Discovery Center

212 E Osborn Rd  
Phoenix, AZ 85012  
(602) 238-0368

### Staff:

**Steven & Nikki**  
(Recovery Coach)  
602-214-9231

### HERO Hours of Operation:

Monday 11:30-3PM

Tue, Wed, Thur  
9-11:30 AM

REN Mon-Fri 7:30-  
3:00pm

Breakfast from 7:30am-  
8:30am

Lunch from 11:45am-  
12:45pm



\*ALL Outings are bold on  
the calendar.  
Community Events are in  
italics. Sign up for events  
at [renaz.org](http://renaz.org)>  
services>events

			THU.	FRI.	Sat.
			1 <i>Bowlero 11:30-3pm Sign up for outing</i>	2	3
5 Burton Barr Library 11:30—3 pm	6  Goal Talk 9-11:30 pm	7 Journal Much? 9-11:30AM 	8 All Day Resume 9-11:30am 	9	10
12 Billiards 11:30—3 pm	13 HERO Monthly Planning 9-11:30 am 	14 ALL STAFF <b>CLOSED</b>	15 Winter Wonderland Celebration 	16	17
19 Hiking 11:30—3 pm	20 Lets Talk Art 9-11:30am	21 Feeling Accomplished 9-11:30am 	22 Real Talk 9-11:30am	23 <b>CLOSED FOR THE Holidays</b> 	
26 <b>CLOSED FOR THE Holidays</b> 	27 Visions Of Our Future 9-11:30am	28 Holiday Planning And Budgeting 9-11:30am	29 Celebration Of A New Year 9-11:30am 	30 <b>CLOSED FOR New Year's Day</b> 	
			31 <b>CLOSED FOR New Year's Day</b> 		

- **Art** - This is a time to creatively express yourself through the planned art activity.
- **Arizona Capital Museum** - explore the Arizona history and be where all AZ laws are created.
- **Bowling** - Join HERO at Let It Roll Bowl to have a striking good time.
- **Career Movements** - Explore how to get and keep a job by building your knowledge and skills to get it done!
- **College Prep** - Learn about what options there is for college and trade schools to build your educational future.
- **Computer Lab/ Time to Unwind**- This is an opportunity to utilize HERO's computers every day or just relax.
- **Communication** - Let's talk about how we can communicate with others better and form connections.
- **Creative Writing** - Writing is essential for expression, coping, recovery, and discovery.
- **Deal with it**- Life throws different curveballs at you. Learn new ways to cope with those life experiences.
- **Downtown Mural** - Join us in exploring the unique culture and meaning behind the murals of downtown phoenix
- **EXTRA! EXTRA! READ ALL ABOUT IT!** - HERO is starting a newsletter and we need your help to write it.
- **Monthly HERO Planning**- Come plan for the month ahead with your fellow HERO's with great ideas for upcoming groups/activities.
- **Friday Fun**- Come join us for a fun-filled day at HERO with Ping Pong, Video Games, outdoor activities, card games, and BINGO.
- **Games in the Park** - Let's have a fun group of games in the park to change our scenery.
- **Get Organized** - Learn techniques to get organized in your house.
- **Giving Back** - Join HERO in completing homeless outreach by providing a yummy snack to those in need.
- **Goals**- Prepare goals for the week to move you into your future.
- **Gym and Swim**- Exercise and wellness is vital to maintaining a healthy lifestyle. Every Tuesday, HERO goes to Ability360 Sports and Fitness Center to partake in gym activities.
- **Hiking** - Let's get to experience nature while working on our physical wellness together.
- **Holiday Meal** - Join HERO and REN in enjoying a delicious meal to kick off the holidays.
- **Kickball** - **Let's team up with REN and keep that 1st place trophy where it belongs. All members must be at REN AT 8am.**
- **Lunch**- Thank you REN Café for providing our lunch.
- **Movies**- Come to HERO and let's associate HERO Values to our favorite film.
- **Music Appreciation**- Music is the soundtrack to our lives. Let's immerse ourselves into the culture and learn more about it.
- **Taking Charge** - Hero's will dialogue about how to take charge of their life and learn the skills to do so successfully.
- **MY LIFE** - This is a community meeting to connect with other young people and develop new skills.
- **Recycle Day** - Explore the impacts our waste has on the planet while learning fun ways to recycle.
- **Team Building**- This is an opportunity for the HERO to work on being a team through a fun and interactive activity.
- **The Real You** - Share in conversation with HERO staff and fellow member about who you truly are as an individual and how you view the world.
- **St. Mary's Food Bank** - Join us in this volunteer opportunity, as we give our time to an organization that benefits the lives of many.
- **U of A tour** - Explore the university of Arizona on a guided tour of the campus to see if this is an option for your college path.