

HERO January Calendar

HERO Discovery Center

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

Staff:

Jennifer Alonzo
(Recovery Coach)

Hours of Operation:

Monday-Friday
8:00am-4:30pm

Breakfast from 8 am– 9 am
Lunch from 11:30am-12:30pm

*ALL Outings are bold on
the calendar. Calendar is
subject to change as
needed.



MON.	TUE.	WED.	THU.	FRI.	Sat.
		1 9-11:30 am Calendar Meeting and Check in from Holidays/New Years Goals 12:30-4pm <i>Join REN</i>	2 9-11:30am <i>Join REN</i> 12:30 – 3pm Communication / How to take a compliment and Emotions	3 9-11:30am Fun Friday 12:30 -3pm GYM 3-4:30 pm Karaoke	4
6 9– 11:30am <i>Join REN</i> <i>Adventure Time</i> 12:30-3:30pm Life skills afternoon Ironing and Paying Bills 3:30pm-4:30pm Time to Unwind	7 9-11:30am <i>Join REN</i> 12:30 -3pm Bowling 3-4:30pm Time to Unwind	8 9-11:30 Hiking 12:30– 4:30pm Member Meeting	9 9-1:00pm Giving Back St. Vincent De Paul 1:00 – 4:30pm <i>Join REN</i>	10 9-11:30 Fun Friday 12:30-3pm GYM 3-4:30pm Karaoke	11
13 9-11:30am Harvest for Compassion 12:30-4:30pm <i>Join REN</i>	14 9-10:30am Self Care 10-30am-2:00 pm PETER PIPER PIZZA 2:30-4:30pm <i>Join REN</i>	15 CLOSED FOR ALL STAFF	16 TUCSON OBSERVATORY TRIP 9-4pm (Limit of 8)	17 9-11:30 am Fun Friday 12:30 -3pm GYM 3- 4:30pm Karaoke	18
20 CLOSED FOR MLK Day	21 9-11:30am <i>Join REN</i> 12:00-3:00 Pollack Theater 3-4:30pm Time to Unwind	22 9-11:30 <i>Join REN</i> 12:30- 3:30pm Anger Management /Coping Skills 3:30– 4:30pm Time to Unwind	23 9-11:30am Batting Cages 12:30-4:30 <i>Join REN</i>	24 9-11:30am Fun Friday 12:30 -3pm GYM 3-4:30pm Karaoke	25
27 9-11:30 <i>Join REN</i> <i>Adventure Time</i> 12:30-3:30pm Sports in the Park 3:30-4:30pm Time to Unwind	28 Opposite Day 9-10:00am Time to Unwind 10-11:30am Healthy Cooking 12:30-2:30pm Nutrition and Diet 2:30-4:30 Healthy Body Image/Loving Yourself	29 9-11:30 <i>Join REN</i> 12:30- 3:30pm Arcade Castles and Coasters 3:30– 4:30pm Time to Unwind	30 9-11:30 Movie Day 12:30-4pm <i>Join REN</i>	31 Flagstaff Snow Trip 9 am-5 pm LIMIT 8	

Arcade - Join HERO in playing games at a local Arcade to have fun.

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

Bowling - Let's strike it out at Let it Bowling with HERO.

Career Movements - Explore how to get and keep a job by building your knowledge and skills to get it done!

Collage - This is a time to make a collage with magazines of your goals, future, or to simply express who you really are.

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.

Desert Botanical Gardens - Check out the special plants in native to Arizona.

Deal with it- Life throws different curveballs at you. Learn new ways to cope with those life experiences.

EXTRA! EXTRA! READ ALL ABOUT IT! - HERO is starting a newsletter and we need your help to write it.

Friday Fun- Come join us for a fun-filled day at HERO with Ping Pong, Video Games, outdoor activities, card games, and BINGO.

Get Organized - Learn techniques to get organized in your house.

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 explore nature for a break from the busy life in the city.

Lunch- Thank you REN Café for providing our lunch.

Mall Walk- Let's work on budgeting and wellness while checking out the specials at the mall.

Member Choice - Opportunity to choose an activity of your choice that is FREE

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.

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.

Scavenger Hunt - HERO and REN will join together for a fun day including a scavenger hunt and day of art.

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.

Wells Fargo Museum - Explore the history of banking and managing money in Arizona.