

HERO July Calendar

HERO Discovery Center

212 E Osborn Rd.
Phoenix AZ 85012

Staff:

Steven Saucedo
(HERO Supervisor)
(602) 214-9231

HERO

Hours of Operation:

Monday 11:30-3pm
Wed & Tues 9am-11:30am
Thurs 11:30-3pm

REN

Hours 7:30-3pm
Monday-Sat


Breakfast from 7:30-9:00am
Lunch from 11:45am-12:45pm

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



for these events.
Calendar is subject to change.

Sign up for events at renaz.org/Events

MON.	TUE.	WED.	THU.	FRI.	SAT.
1 Fun in the Sun Swimming 11:30-3PM 	2	3 HERO Crafts 9-11:30	4 Closed for 4th of July 	5	6
8 Fun in the Sun Swimming 11:30-3PM 	9 Self Care 9-11:30am	10 Paint your expressions 9-11:30 AM 	11 Bowlero 11:30am-3pm 	12	13
15 Fun in the Sun Swimming 11:30-3PM 	16 Cooking Skills: Summer Rolls 9-11:30AM	17 Crafts: Vision Boards 9-11:30AM	18 Bowlero 11:30am-3pm 	19 ALLSTAFF CLOSED 	20
22 Fun in the Sun Swimming 11:30-3PM 	23 Game Stop 9-11:30AM	24 Stay Cool Smoothies 9-11:30am	25 Bowlero 11:30am-3PM 	26	27
29 Fun in the Sun Swimming 11:30-3PM 	30 Movie Day 9-11:30am	31 Support Group: Deviled Strawberries 9-11:30AM			

- 1:1 Time Available** - This is an opportunity to have some time with the program manager to openly discuss what's going on.
- Art** - This is a time to creatively express yourself through the planned art activity, we will be doing anime art and pour art this month!
- Boundaries** - Everyone's boundaries are different. Let's improve how close we get to one another's.
- Bowling**— Lets go practice some social decorum and build social skills at Let It Roll Bowl!
- Calendar**— Come help HERO put together a calendar of your dreams! We are always open to your helping you meet your needs.
- Cooking Skills**— Lets learn how to make a snack or meal to be more independent as well as add to your health.
- Friendships**— What does it take to be a good friend and what do you require in friendship; lets look at our interpersonal skills.
- Games** - Play your favorite board and card games at the HERO Center.
- Movies**- Come to HERO and let's associate HERO Values to our favorite film.
- Positive Affirmations** - Take time to explore positive affirmations to lift your spirits and self-esteem.
- Self Care**— How do you practice self care and in what ways can you take time for yourself.

Make sure to sign up for REN events and also contact when you need help setting cabs—your clinic can help you and we are available to help as well! Also note the days that REN is closed and make sure to cancel your cabs on those days. Look forward to seeing you all for the next fun month of recovery in HERO!!