

HERO May Calendar

HERO Discovery Center

212 E Osborn Rd.
Phoenix AZ 85012

Staff:

Steven Saucedo
(Recovery Coach)
602-214-9231

HERO Hours of Operation:

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












REN Mon-Sat. 7:30-3:00pm

Breakfast from 7:30am-9:00am
Lunch from 11:45am-12:45pm
***ALL Outings are bold on the calendar. Community**



Events are in Italics.
Calendar is subject to change.

Sign up for events at
RENAZ.ORG/Events

MON.	TUE.	WED.	THU.	FRI.	SAT.
1 <i>Burton Barr Library</i> 11:30-3pm	2 Letter to Myself 9-11:30am 	3 HERO Crafts 9-11:30am	4 <i>Bowlero</i> 11:30am-3pm 		6
8 <i>Billiards</i> 11:30-3pm 	9 <i>Desert Botanical Garden</i> 9-11:30am 	10 Express Yourself Through Art 9-11:30am	11 <i>Bowlero</i> 11:30-3pm 	12	13
15 <i>Kroc Center</i> 9-1130am <i>Wear clothes to get wet in</i>	16 Calendar Planning 9-11:30am	17 <i>CLOSED FOR ALL STAFF</i> 	18 <i>Bowlero</i> 11:30am-3pm 	19	20
22 <i>HERO Mall Walk</i> 11:30-3pm	23 Recovery Games 9-11:30pm <i>GAMES</i> 	24 NO HERO	25 <i>Bowlero</i> 11:30-3pm 	26 HERO LAKE TRIP 9-3 PM <i>Bring a towel, close toed shoes, and clothes to get wet in</i>	27
29 CLOSED 	30 Show and Tell 9-11:30am	31 Crafts: Time Capsules 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 making time capsules and other crafts.

Bowling— We have two opportunities this month to get out to bowl, be social and enjoy peers. Bring money if you want to buy treats.

Calendar— Come help HERO put together a calendar to best suit your needs.

Botanical Gardens— Join us as we adventure the desert botanical gardens out in the community.

Cinco de Mayo—Cooking skills making nachos, budgeting and enjoying pan dulce—Mexican Sweet Bread:)

Hall of Flame— Home to National Firefighting Hall of Heroes, lets explore rich history and enjoy community integration.

Lake Trip— Its time for our annual lake trip for HEROES only, please wear close toed shoes and bring a towel.

Library— We are headed to library to check out books, resources and spend some quiet time in the library, bring your ID for a library card!

Mall Walk - Enjoy the community as we all for exercise, socialize to reduce daily stress, and discuss budgeting.

TIP— we are working on the 2nd part of strengths and goals in our Transition to Independence Process.

Water Fun—Wear clothes you can get wet in , we are headed out to a splashpad for some reprieve from the heat!

HEROES!! Notice there will be 3 days that we will not be having HERO. May 17th is cancelled for ALLSTAFF and May 24th. we are closed for Memorial Day. Also if you are needing rides set up, Steven can do that for you please allow some time to do so as it is difficult to do so right before a group. In addition remember to sign up for community outings, HERO outings are a little different those are on Mondays. Notice that community outings are in italics and bold so you can recognize the difference. Thanks and have an excellent month!

