

HERO November Calendar

HERO Discovery Center

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

Staff:

Jenn Sinkey
(Lead Recovery Coach)






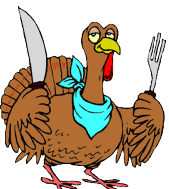

Jennifer Alonzo
(Recovery Coach)

**Hours of
Operation:**
Monday-Friday
7:30am-4:30pm

Breakfast from 7:30am-8:30am
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 Video Games 12:30-3pm Gym 3-4:30 Karaoke	2
4 9- 11:30am Budgeting 12:30-2:30pm Games in the Park 2:30-4:30 Bingo	5 9-10:30am HERO Meeting 10:30-11:30am Voting 12:30 -3pm Movies 3-4:30 Time to Unwind	6 9-10:30 Robinson Ranch 10:30-11:30 Self Esteem 12:30-4:00 Member Meeting	7 9 -10:30am Team Building 10:30 -11:30am Creative Writing 12:30-2:30pm Board Games 2:30-4:00 Time to unwind	8 9-11:30 Video Games 12:30-3pm Gym 3-4:30 Karaoke	9
11 Closed for Veterans Day	12 9-10:30am Communication (body language) 10:30-11:30am—Trivia Games 12:30 -3:00pm - Rocket Fizz	13 9-10:30am Thankfulness 10:30-11:30am False Confession 12:30-2:30 Art 2:30-4:30 Time to Unwind	14 	15 	16 
18 9- 11:30am Laugh Factory 12:30-2:30pm Holiday Prep 2:30-4:30 Bingo	19 Saguaro Ranch 9:00am-1:30pm Limit 10	20 9- 11:30am Thank you Cards 12:30-3:00pm Holiday Movie 3-4:30 Time to Unwind	21 Harvest Celebration 7:30am-2:00pm 	22 9-11:30 Video Games 12:30-3pm Gym 3-4:30 Karaoke	23
25 9:00-11:30am Recovery Talk (rights, medications, service animals) 12:30-3:00pm Arizona Capital Museum 2:30-4:30 Bingo	26 9-10:30am Relationships 10:30-11:30am Poetry 1:30 -3:00pm - Cooking Skills	27 9- 11:30am Career Movements /Interviewing 12:30-3:00pm Driving Skills 3-4:30 Time to Unwind	28 Closed 	29 	30

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.

First Fall Festival - **HERO is going to attend a free fall festival in phoenix as an opportunity for fun in the community.**

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.