

HERO October Calendar

HERO Discovery Center

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Phoenix, AZ 85012
(602) 762-1446

Staff:

Jenn Sinkey
(Lead Recovery Coach)




Jen Alonzo
(Recovery Coach)

**Hours of
Operation:**
Monday-Friday
7:30am-4:00pm

Breakfast from 8:00am-9:00am
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- 11:30am Art (Halloween Decorations) 12:30-2:30pm Bookman's Book Store 3:00-4:30 Time to Unwind	2 9-10:30am Healthy Relationships 10:30-11:30am Recovery Talk 12:30 -2:30pm Board Games 2:30-4:30 Time to unwind	3 9 -11:30 Movie Time 12:30-1:30pm Customer Service Day 1:30 -3:00pm Communication 3:00-4:30 Time to Unwind	4 9-11:30am Fun Friday 12:30-3:00 Gym and Swim 3:00-4:30 Karaoke	5
7 9- 11:30am Music appreciation/ Laugh Factory 12:30-2:00pm Afternoon at the Park 2:00-3:00pm Deal with it 3:00-4:30 Time to Unwind	8 9-10:30am Boundaries 10:30-11:30am Creative Writing 12:30 -3pm Cooking skills 3:00-4:30 Time to unwind	9 9-10:30am Affirmations 10:30-11:30am Ted Talks 12:30 -4:30 Member Meeting	10 9-11:30am Hiking 12:30-1:30pm Driving Skills 1:30 - 3:00pm Board Games 3:00-4:30 Time to Unwind	11 9-1130 Fun Friday 12:30pm -3pm Gym and Swim 3:00-4:30 Karaoke	12
14 9-11:30 Harvest for Compassion 12:30-4:30 Super HERO Tea Party	15 9-10:30am Communication 10:30-11:30am Vision Boards 12:30-2:30 Bowling	16  Office Closed	17 9-11:30am Giving Back 12:30 -1:30pm Taking Charge (Life Evaluation) 1:30pm -3pm Motivations 3:00-4:30 Time to Unwind	18 9-11:30am Fun Friday 12:30-3:00 Gym and Swim 3:00-4:30 Karaoke	19
21 9-10:30 am Role Play 10:30-11:30am Bi-Polar Awareness 12:30-2:30 Holiday History 2:30-4:30 Bingo	22 9-10:30am Relationships -DV 10:30-11:30am Poetry 12:00-3:30pm - Movies	23 9-11:30am Music Appreciation 12:30-2:00pm Deal with It 2:00-4:30pm Time to unwind	24 9-11:30am Hiking 12:30-1:30pm Gratitude Day 1:30 - 3:00pm Extra! Extra! Read all about it. 3:00-4:30 Time to Unwind	25 9-11:30am Fun Friday 12:00pm -3pm Gym and Swim 3:00-4:30 Karaoke	26
28 9-11:30am Board Games 12:30-3:00pm Corn MAZE 3:00-4:30 Bingo	39 9-11:30am HERO Meeting 12:30-2:00 Budgeting 2:00-3:00 Time to unwind	30 9-10:30am Meditation 10:30-11:30am Creative Writing 12:30 -3pm Costume making 3:00-4:30 Time to unwind	31 HALLOWEEN PARTY 		

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

Bookman's Book Store - Let's get connect to other worlds through books. Join us for exploring this used book store.

Candle Light Vigil - Join the community in celebrating recovery and honoring the journey!

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.

Cultural Diversity Event - Join us at REN for the Cultural Diversity event for a fun event to explore the culture of our community.

Customer Service Day - Let's learn about how we can provide great service and be great customers.

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 - It's national organization week. Learn techniques to get organized in your house.

Goals- Prepare goals for the week to move you into your future.

Gold Field Mine - Take a step back in time and explore this old mining town for all of it's uniqueness.

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.

Laugh Factory- Watch some funny videos with HERO to pick up your spirit and discuss how laughing is good for your health.

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.

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

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.

NAMI Walk - Join us in walking to raise awareness on mental health and connect with other resources.

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.