

HERO September Calendar

HERO Discovery Center

212 E Osborn
Phoenix, AZ 85012
602-762-1446

Staff:

Jenn Sinkey
(Lead Recovery Coach)

Jen Alonzo
(Recovery Coach)

Hours of Operation:


Monday, Tuesday
Thursday, Friday
7:30am-4pm

Breakfast from 8am-9am
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.
2 	3 9-10:30 Team Building 10:30-11:30 Creative Writing 12:30- 3:00pm Movies 3-4:30 Time to Unwind	4 9-11:30am Hiking 12:30-1:30pm Smoothies 1:30 – 3:00pm Recovery Talk working with your clinics 3-4:30 Time to Unwind	5 Lake Trip with REN 9am-2pm	6 9-11am Friday Fun 12:30pm -3pm Gym and Swim 3-4:30 Karaoke	7
9 9- 10:30am Music Appreciation 10:30-11:30am Grandparents Day/Pow MIA Day 12:30-2:30pm Spirituality 2:30-4:30 Bingo	10 9-11:30 Art (Tie Dye) 12:30 -3pm Bowling 3-4:30 Time to Unwind	11 9:00-11:30am Current Events 12:30-2:30 Healthy Living 2:30-4:30 Time to Unwind	12 9-11:30am Giving Back 12:30pm –2:00 Creative Writing 2:00-4:00pm Anime group	13 9-11am Friday Fun 12:30pm -3pm Gym and Swim 3-4:30 Karaoke	14
16 9- 11:30am Deal with It- Anxiety 12:30-3:00pm Peter Piper Pizza Buffet 3-4:30 Bingo	17 9-10:30am The Real You 10:30-11:30am Laugh Factory 12- 3pm Board Games 3-4:30 Time to Unwind	18 <i>Closed for All Staff</i> 	19 	20 	21
23 9:00-11:30am Team Building 12:30-2:00pm Suicide Awareness 2:00-2:30pm Grounding Techniques 2:30-4:30 Bingo	24 9:00-10:30 Music Appreciation 10:30-11:30am Meditation 12:30-3:00pm Splash Pad 3-4:30 Time to Unwind	25 9:00-10:30 Budgeting 10:30-11:30am Recovery Talk 12:30-3:00pm Member Led Groups 3-4:30 Time to Unwind	26 Festival of the Arts	27 Prescott Zoo 9am-4pm	28
30 9:00-11:30am Movie Monday 12:30-2:30pm Poetry/Stories 2:30-4:30 Bingo					

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

Art of Recovery - LET'S GET CONNECTED!! Explore the Art of recovery to find resources and get free pens!

ASU Art Museum - Explore the Art made by artists and connect with different cultural pieces.

Baby Safety - September is Baby Safety month, join us in learning skills to keep kids safe for when we are around kids.

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.

Comic Book Store - Take a step back from adulthood and enjoy our favorite childhood comics or characters.

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.

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

Fight Procrastination Day - We all procrastinate sometimes, lets learn some tricks to get things DONE!

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

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

Grandparents Day - Let's take a moment to honor and talk about the older and sometimes wiser people in our lives.

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.

POW/MIA Day - Let's learn about this important day and remember the people who fight for our freedom.

South Mountain - Join us for a drive to the top of the mountain to see the city and connect with nature.

Talent Show with STAR - Join HERO and STAR in attending a community talent show to connect with other young adults and have a good time.

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.

Water Day with REN - Celebrate our water challenge with REN by having a BBQ and water play day in the park.