

JANUARY 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>REN closed in Observation of New Years Day!</p> 	<p>2</p> <p><u>AM Groups 9-11:30</u> Chair Aerobics Circle of Support St Vincent DePaul Volunteer HERO WiFi Employment Skills <u>PM Groups 12:30-3</u> Anger Management Craft Nation</p>	<p>3</p> <p>REN closed for All Staff</p>  <p><i>Remember to cancel your rides!</i></p>	<p>4</p> <p><u>AM Groups 9-11:30</u> Circuit Training Fresh Start St Vincent DePaul Volunteer Power of Positivity w/ Crafty Sam Operating Systems <u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery REN@Nite 3-7:30p REN will be open late for extra activities and a great dinner!</p>	<p>5</p> <p><u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Typing/Blog Tea Time LGBTQ+ <u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p> 	<p>6</p> <p>Saturday Services 7:30AM-2:30PM Uptown Farmers Market (Off-Site Activity) Activity Info: Come with REN to explore local produce and meet farmers who grow their own food.</p>  <p><i>*Activity subject to change</i></p>
<p>8</p> <p><u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Fresh Cuts Artificial Intelligence Creative Writing <u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>9</p> <p><u>AM Groups 9-11:30</u> Chair Aerobics Circle of Support St Vincent DePaul Volunteer Streaming Media & Cost HERO <u>PM Groups 12:30-3</u> Anger Management Craft Nation REN@Nite 3-7:30p Drive-In Movie Outing</p> 	<p>10</p> <p><u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge Laundry 4 Love Educational Websites HERO <u>PM Groups 12:30-3</u> To Boundary or Not to Boundary Book Club Men's Group Women's Group</p>	<p>11</p> <p><u>AM Groups 9-11:30</u> Circuit Training St Vincent DePaul Volunteer Power of Positivity Mobile Phone Applications <u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery REN@Nite 3-7:30p REN will be open late for extra activities and a great dinner!</p> 	<p>12</p> <p><u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Typing/Blog Tea Time LGBTQ+ <u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p>  <p><i>*Activity subject to change</i></p>	
<p>15</p> <p>REN closed in Observation of Martin Luther King Jr Day</p> 	<p>16</p> <p><u>AM Groups 9-11:30</u> Chair Aerobics Circle of Support St Vincent DePaul Volunteer Employment Skills Scavenger Hunt HERO <u>PM Groups 12:30-3</u> Anger Management Craft Nation</p> 	<p>17</p> <p><u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge Open Discussion HERO <u>PM Groups 12:30-3</u> To Boundary or Not to Boundary Book Club Men's Group Women's Group</p>	<p>18</p> <p><u>AM Groups 9-11:30</u> Circuit Training Fresh Start St Vincent DePaul Volunteer Power of Positivity w/ Crafty Sam History of Computers <u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery REN@Nite 3-7:30p REN will be open late for extra activities and</p>	<p>19</p> <p>REN Community Health Fair All Day Event!</p> 	<p>20</p> <p>Saturday Services 7:30AM-2:30PM South Mountain Nature Walk (Off-Site Activity) Activity Info: Get a healthy dose of Mother Nature with REN at South Mountain.</p>  <p><i>*Activity subject to change</i></p>
<p>22</p> <p><u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Phone Clean Up Creative Writing <u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>23</p> <p><u>AM Groups 9-11:30</u> Chair Aerobics Employment Skills St Vincent DePaul Volunteer Circle of Support Storage & the Cloud HERO <u>PM Groups 12:30-3</u> TEAM JEOPARDY REN@Nite 3-7:30p Drive-In Movie Outing</p> 	<p>24</p> <p><u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge Amazing Technologies in the World HERO <u>PM Groups 12:30-3</u> To Boundary or Not to Boundary Book Club Men's Group Women's Group</p>	<p>25</p> <p><u>AM Groups 9-11:30</u> Circuit Training Fresh Start St Vincent DePaul Volunteer Power of Positivity Phone Plans Snow Day Outing <u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery REN@Nite 3-7:30p REN will be open late for extra activities and</p>	<p>26</p> <p><u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Typing/Blog Tea Time LGBTQ+ Jackpot Ranch Camping Trip <u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p> 	<p>27</p> <p>Saturday Services 7:30AM-2:30PM What is your Goal for 2024? (On-Site Activity) Activity Info: Start the new year out right by making Vision Boards to map out your plans for the new year!</p>  <p><i>*Activity subject to change</i></p>

JANUARY 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 AM Groups 9-11:30 Muscle Mondays Weekend Highlights MS Word Creative Writing PM Groups 12:30-3 Wellness & Wholeness HERO 	30 AM Groups 9-11:30 Chair Aerobics Circle of Support St Vincent DePaul Volunteer Employment Skills MS Excel HERO PM Groups 12:30-3 Anger Management Craft Nation 	31 AM Groups 9-11:30 Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge RST Orientation MS PowerPoint HERO PM Groups 12:30-3 To Boundary or Not Book Club Men's Group Women's Group 	<p>"No matter how hard the past is, you can always begin again."</p> <p>-Jack Kornfield</p> <p>HAPPY NEW YEAR</p> 		

SOBER RIDERS MC PHOENIX CHAPTER

& RECOVERY Empowerment NETWORK

PRESENTS

JANUARY 13TH
12-5PM
212 E OSBORN ROAD
PHOENIX 85012

BIKE AND CAR EXTRAVAGANZA

FREE ENTRY FOR REN MEMBERS!

BIKE/CAR SHOW
\$5 ENTRY
1ST, 2ND, 3RD PLACE PRIZES



COMMUNITY HEALTH FAIR

Friday, January 19th
at Recovery Empowerment Network
212 E. Osborn Rd
Phoenix AZ 85012
Breakfast Provided 7:30am - 9am
Event Times 9am - 3pm

Services Provided:
HIV TESTS
MAMMOGRAM CHECKS

SPONSORED BY:
Valleywise Health **RECOVERY Empowerment NETWORK**



Calendar Highlights

- ⇒ **REN/HERO Bowling every Thursday 12:30 - 3pm**
- ⇒ **REN@Nite every Thursday 3pm - 7:30pm**
- ⇒ **01/01 REN closed for New Years Day**
- ⇒ **01/03 REN Closed for ALL STAFF**
- ⇒ **01/04 Power of Positivity w/Crafty Sam**
- ⇒ **01/06 Uptown Farmers Market**
- ⇒ **01/08 Fresh Cuts**
- ⇒ **01/09 Drive-In Movie Outing**
- ⇒ **01/10 Heidi's Village Animal Shelter Volunteering**

JANUARY MONTHLY AWARENESS EVENTS

- National Blood Donor Month • 21st - 27th Hunt for Happiness Week
- Thyroid Awareness Month • 27th Parent Mental Health Day

Understanding the Calendar

- **GREEN** requires sign up
 - **PURPLE** Courage Computer Lab
 - **BLUE** gym
 - **Open Lab: Mon. - Fri. 7:30AM - 9AM**
- Limited Staff Assistance**

January REN Hours Monday - Friday 7:30am – 3:00pm* Saturday 7:30am-2:30pm* *Unless otherwise noted	Meals Served Daily Breakfast 7:30am – 9:00am Lunch 11:45am – 12:45pm Transportation starts @ 3pm
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All offsite activities have limited spaces available and require registration. Confirmation calls will be made to confirm your registration & attendance.
REN Phone # 602-248-0368



If you're interested in attending an offsite event you can register in the computer lab or on the REN website @ www.renaz.org/events

- ⇒ **01/13 Bike & Car Show**
- ⇒ **01/15 REN closed in Observation of Martin Luther King Jr Day**
- ⇒ **01/19 REN Community Health Fair**
- ⇒ **01/20 South Mountain Nature Walk**
- ⇒ **01/23 Team Jeopardy**
- ⇒ **01/23 Drive-In Movie Outing**
- ⇒ **01/25 Snow Day Outing**
- ⇒ **01/26 Jack Pot Ranch Camping Trip**
- ⇒ **01/27 What is your Goal for 2024?**
- ⇒ **01/31 RST Orientation**