

JULY 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Fresh Cutz Creative Writing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness REN/HERO Fun in the Sun Pool Outing</p> 	<p>2 <u>AM Groups 9-11:30</u> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO Heal Your Life</p> <p><u>PM Groups 12:30-3</u> Anger Management Circle of Support</p> 	<p>3 <u>AM Groups 9-11:30</u> *REN WHITTE & BLUE DAY Wellness Workouts Sitting on Sobriety Heidi's Village Animal Shelter Volunteer HERO Heal Your Life Awesome World</p> <p><u>PM Groups 12:30-3</u> REN will be Closed after lunch</p>	<p>4 REN Closed in Observation of</p> <p>4th of JULY</p>  <p>Remember to cancel your rides!</p>	<p>5 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Heal Your Life Tea Time LGBTQ+ Ability 360</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time</p>	<p>6 Saturday Services 7:30AM-2:30PM Recovery Cafe (Off-Site Activity) Activity Info: Grab a cup of Joe while spending time with peers chatting about recovery!</p>  <p>*Activity subject to change</p>
<p>8 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Laundry 4 Love Creative Writing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness REN/HERO Fun in the Sun Pool Outing</p> 	<p>9 <u>AM Groups 9-11:30</u> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO</p> <p><u>PM Groups 12:30-3</u> Anger Management Circle of Support</p>	<p>10 <u>AM Groups 9-11:30</u> Wellness Workouts Sitting on Sobriety Heidi's Village Animal Shelter Volunteer HERO Awesome World Heal Your Life Celebration</p> <p><u>PM Groups 12:30-3</u> Women's Group Men's Group</p> 	<p>11 <u>AM Groups 9-11:30</u> Circuit Training St Vincent DePaul Volunteer Power of Positivity</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery</p> <p><u>REN@Nite 3-7:30p</u> REN will be open late for extra activities and a great dinner!</p> 	<p>12 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Ability 360 Tea Time LGBTQ+</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time</p>	<p>13 Saturday Services 7:30AM-2:30PM Team Lip Sync Battle (On-Site Activity) Activity Info: We know you love to sing, but who can pretend to sing the best? This group will test your performance abilities.</p>  <p>*Activity subject to change</p>
<p>15 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Creative Writing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness REN/HERO Fun in the Sun Pool Outing</p> 	<p>16 <u>AM Groups 9-11:30</u> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO</p> <p><u>PM Groups 12:30-3</u> Anger Management Circle of Support</p> 	<p>17 <u>AM Groups 9-11:30</u> Wellness Workouts Sitting on Sobriety Heidi's Village Animal Shelter Volunteer HERO Awesome World</p> <p><u>PM Groups 12:30-3</u> Women's Group Men's Group</p>	<p>18 <u>AM Groups 9-11:30</u> Circuit Training St Vincent DePaul Volunteer Power of Positivity</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery</p> <p><u>REN Thrills 9a-7:30p</u> Meteor Crater Natural Landmark</p> 	<p>19 REN closed for All Staff</p>  <p>Remember to cancel your rides!</p>	<p>20 Saturday Services 7:30AM-2:30PM Hall of Flame Museum (Off-Site Activity) Activity Info: Discover the history of firefighting with this expansive museum.</p>  <p>*Activity subject to change</p>
<p>Sunday 7/21 Project Camp Rebuild *Help fix up a local campground!</p>	<p>23 <u>AM Groups 9-11:30</u> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO</p> <p><u>PM Groups 12:30-3</u> Anger Management Circle of Support</p>	<p>24 <u>AM Groups 9-11:30</u> Wellness Workouts Sitting on Sobriety Heidi's Village Animal Shelter Volunteer HERO Awesome World</p> <p><u>PM Groups 12:30-3</u> Women's Group Men's Group</p> 	<p>25 <u>AM Groups 9-11:30</u> Circuit Training St Vincent DePaul Volunteer Power of Positivity</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery</p> <p><u>REN@Nite 3-7:30p</u> REN will be open late for extra activities and a great dinner!</p>	<p>26 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Ability 360 Tea Time LGBTQ+</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time</p> 	<p>27 Saturday Services 7:30AM-2:30PM Game Day (On-Site Activity) Activity Info: From classic board games to interactive team exercises. Have fun and meet someone new!</p>  <p>*Activity subject to change</p>
<p>22 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Laundry 4 Love Creative Writing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness REN/HERO Fun in the Sun Pool Outing</p>	<p>23 <u>AM Groups 9-11:30</u> Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO</p> <p><u>PM Groups 12:30-3</u> Anger Management Circle of Support</p>	<p>24 <u>AM Groups 9-11:30</u> Wellness Workouts Sitting on Sobriety Heidi's Village Animal Shelter Volunteer HERO Awesome World</p> <p><u>PM Groups 12:30-3</u> Women's Group Men's Group</p>	<p>25 <u>AM Groups 9-11:30</u> Circuit Training St Vincent DePaul Volunteer Power of Positivity</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery</p> <p><u>REN@Nite 3-7:30p</u> REN will be open late for extra activities and a great dinner!</p>	<p>26 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Ability 360 Tea Time LGBTQ+</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time</p>	<p>27 Saturday Services 7:30AM-2:30PM Game Day (On-Site Activity) Activity Info: From classic board games to interactive team exercises. Have fun and meet someone new!</p>

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<p>29</p> <p>AM Groups 9-11:30 Weekend Highlights Muscle Mondays Creative Writing</p> <p>PM Groups 12:30-3 Wellness & Wholeness REN/HERO Fun in the Sun Pool Outing</p> 	<p>30</p> <p>AM Groups 9-11:30 Chair Aerobics Craft Nation St Vincent DePaul Volunteer HERO</p> <p>PM Groups 12:30-3 Anger Management Circle of Support</p>	<p>31</p> <p>REN Annual</p>  <p>Celebration!</p> <p>ALL DAY EVENT!</p>	 <p>Freedom lies in being bold!</p> <p>-Robert Frost</p>		



JULY MONTHLY AWARENESS EVENTS

- Sarcoma Awareness
- National Picnic Month
- 7th Thank you Day
- 7th - 13th National Therapeutic Recreation Week
- 28th Parents Day
- 30th World Friendship Day

Understanding the Calendar

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

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

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

Calendar Highlights

- ⇒ **REN/HERO** Bowling every Thursday 12:30 - 3pm
- ⇒ Fun in the Sun Pool Outing every Monday 12:30 - 7:30pm
- ⇒ **07/01 Fresh Cutz**
- ⇒ **07/03 REN White & Blue Event Day**
- ⇒ **07/03 REN closed in afternoon**
- ⇒ **07/04 REN Closed in observation of the 4th of July**
- ⇒ **07/06 Recovery Cafe**
- ⇒ **07/08 Laundry for Love**
- ⇒ **07/10 Heal Your Life Celebration**
- ⇒ **07/11 REN@Nite open for dinner services**
- ⇒ **07/13 Team Lip Sync Battle**
- ⇒ **07/18 REN Thrills Meteor Crater Outing**
- ⇒ **07/19 REN closed for All Staff**
- ⇒ **07/20 Hall of Flame Museum**
- ⇒ **07/21 - 07/23 Project Camp Rebuild**
- ⇒ **07/22 Laundry for Love**
- ⇒ **07/25 REN@Nite open for dinner services**
- ⇒ **07/27 Game Day**
- ⇒ **07/31 REN Annual Luau Event**