


# JUNE 2023 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <h2>JUNE</h2> <div> <b>Understanding the Calendar</b> <ul style="list-style-type: none"> <li><b>GREEN</b> requires sign up</li> <li><b>BLUE</b> gym</li> <li><b>PURPLE</b> Courage Computer Lab</li> </ul> <b>Open Lab: Mon. - Fri. 7:30AM - 9AM</b>  <b>Limited Staff Assistance</b> </div> </div>			<p><b>1</b>  <b>AM Groups 9-11:30</b>  <b>Circuit Training</b>            Power of Positivity  <b>St Vincent DePaul</b>  <b>Volunteer</b>  <b>Video/Photo Editing</b>  <b>PM Groups 12:30-3</b>  <b>REN/HERO: Bowling</b>            Fun in Recovery  <b>Horses Help Volunteer</b>  <b>REN@Nite 3-7:30p</b>            REN will be open for late for extra activities and a great dinner!</p>	<p><b>2</b>  <b>AM Group 9-11:30</b>  <b>Fitness Friday</b>            Fun Fact Friday  <b>Stardust Volunteer</b>            Bingo  <b>Type/Blog</b>  <b>PM Groups 12:30-3</b>            Good Vibes Music Time  <b>Game On!</b></p>	<p><b>3</b>  <b>Saturday Services 7:30AM-2:30PM</b>  <b>Lynx Lake Outing (Off-Site Activity)</b>  <b>Activity Info:</b>            Explore the Great Outdoors in Prescott, AZ. REN will travel to Lynx Lake for hiking, swimming, and adventure!</p> 
<p><b>5</b>  <b>AM Groups 9-11:30</b>  <b>Muscle Mondays</b>            Weekend Highlights  <b>Fresh Cuts</b>  <b>Microsoft Word</b>            Creative Writing  <b>WRAP</b>  <b>PM Groups 12:30-3</b>            Wellness &amp; Wholeness  <b>HERO</b>            Game Stop!</p> 	<p><b>6</b>  <b>AM Groups 9-11:30</b>  <b>Chair Aerobics</b>  <b>St Vincent DePaul</b>  <b>Volunteer</b>            Circle of Support  <b>AZ Mills Mall Walk</b>  <b>HERO</b>  <b>Microsoft Excel</b>  <b>WRAP</b>  <b>PM Groups 12:30-3</b>            Awesome World  <b>Anger Management</b></p>	<p><b>7</b>  <b>AM Groups 9-11:30</b>  <b>Wellness Workout</b>            Craft Nation  <b>HERO</b>  <b>Microsoft PowerPoint</b>            Relationship Skills  <b>PM Groups 12:30-3</b>            Team Jeopardy Games</p> 	<p><b>8</b>  <b>AM Groups 9-11:30</b>  <b>Circuit Training</b>  <b>OIFA 3.0 Progress &amp; Advocacy 4 Change</b>            Power of Positivity  <b>St Vincent DePaul</b>  <b>Social Media &amp; Mental Health</b>  <b>WRAP</b>  <b>PM Groups 12:30-3</b>  <b>REN/HERO: Bowling</b>            Fun in Recovery  <b>Horses Help Volunteer</b>  <b>REN@Nite 3-7:30p</b>            REN will be open for late for extra activities and a great dinner!</p>	<p><b>9</b>  <b>AM Group 9-11:30</b>  <b>Fitness Friday</b>            Fun Fact Friday  <b>Stardust Volunteer</b>            Bingo  <b>WRAP</b>  <b>Type/Blog</b>  <b>Camp Open Sky: Mount Lemmon</b>  <b>PM Groups 12:30-3</b>            Good Vibes Music Time  <b>Game On!</b></p> 	<p><b>10</b>  <b>Saturday Services 7:30AM-2:30PM</b>  <b>Master Chef Challenge (On-Site Activity)</b>  <b>Activity Info:</b>            Get the Lamb Sauce! And have fun in this exciting cook off. We hope you like food!</p> 
<p><b>12</b>  <b>AM Groups 9-11:30</b>  <b>Muscle Mondays</b>            Weekend Highlights  <b>A.I.</b>            Creative Writing  <b>PM Groups 12:30-3</b>            Wellness &amp; Wholeness  <b>HERO</b>            Game Stop!</p> 	<p><b>13</b>  <b>AM Groups 9-11:30</b>  <b>Chair Aerobics</b>            Circle of Support  <b>St Vincent DePaul</b>  <b>Volunteer</b>  <b>HERO</b>  <b>Useful Free Apps</b>  <b>PM Groups 12:30-3</b>            Awesome World  <b>Anger Management</b></p>	<p><b>14</b>  <b>AM Groups 9-11:30</b>  <b>Wellness Workout</b>  <b>Laundry 4 Love</b>            Craft Nation  <b>Storage</b>            Relationship Skills  <b>HERO</b>  <b>PM Groups 12:30-3</b>            Recovery Meeting            Book Club  <b>Fun in the Sun: Encanto Pool</b></p> 	<p><b>15</b>  <b>AM Groups 9-11:30</b>  <b>Circuit Training</b>            Power of Positivity  <b>St Vincent DePaul</b>  <b>Volunteer</b>  <b>How To's</b>  <b>PM Groups 12:30-3</b>  <b>REN/HERO: Bowling</b>            Fun in Recovery/Sam            Art Specialist  <b>Horses Help Volunteer</b>  <b>REN@Nite 3-7:30p</b>            REN will be open for late for extra activities and a great dinner!</p>	<p><b>16</b>  <b>AM Group 9-11:30</b>  <b>Fitness Friday</b>            Bingo  <b>Stardust</b>            Fun Fact Friday  <b>Type/Blog</b>  <b>LGBTQ Retreat</b>  <b>PM Groups 12:30-3</b>            Good Vibes Music Time  <b>Game On!</b></p> 	<p><b>17</b>  <b>Saturday Services 7:30AM-2:30PM</b>  <b>AZ Mills 5K (Off-Site Activity)</b>  <b>Activity Info:</b>            Did you know walking can improve heart &amp; lung function? Stay active while avoiding the AZ sun on our mall walk.</p> 
<p><b>19</b>  <b>REN Closed in Observation of JUNETEENTH Celebrate Freedom JUNE 19</b></p> <p><i>Remember to cancel your rides!</i></p>	<p><b>20</b>  <b>AM Groups 9-11:30</b>  <b>Chair Aerobics</b>            Circle of Support  <b>St Vincent DePaul</b>  <b>Volunteer</b>  <b>HERO</b>  <b>Phone Clean Up</b>  <b>PM Groups 12:30-3</b>            Awesome World  <b>Anger Management</b>  <b>Women's Group</b></p>	<p><b>21</b>  <b>All Staff REN Closed</b></p> <p><b>22</b>  <b>All Staff REN Closed</b></p> <div>    </div> <p><b>Mercy Care Connections Conference</b></p> <p><i>Remember to cancel your rides!</i></p>		<p><b>23</b>  <b>AM Group 9-11:30</b>  <b>Fitness Friday</b>            Bingo  <b>Stardust</b>            Fun Fact Friday  <b>Type/Blog</b>  <b>PM Groups 12:30-3</b>            Good Vibes Music Time  <b>Game On!</b></p>	<p><b>24</b>  <b>Saturday Services 7:30AM-2:30PM</b>  <b>Painting Your Way (On-Site Activity)</b>  <b>Activity Info:</b>            Let your own expression guide you in the free form painting group.</p> 

# JUNE 2023 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	 <b>JUNE</b> is <b>PRIDE</b> MONTH
<b>26</b> <b>AM Groups 9-11:30</b> <b>Muscle Mondays</b> Weekend Highlights <b>Phone Tips/Tricks</b> Creative Writing <b>PM Groups 12:30-3</b> Wellness & Wholeness <b>HERO</b> Game Stop! 	<b>27</b> <b>AM Groups 9-11:30</b> <b>Chair Aerobics</b> Awesome World <b>St Vincent DePaul</b> <b>Volunteer</b> <b>HERO</b> <b>Coping Skills</b> <b>PM Groups 12:30-3</b> Circle of Support Anger Management	<b>28</b> <b>AM Groups 9-11:30</b> <b>Wellness Workout</b> Craft Nation <b>Laundry 4 Love</b> <b>Couponing</b> Relationship Skills <b>PM Groups 12:30-3</b> Book Club <b>Recovery Meeting</b> <b>Fun in the Sun:</b> <b>Encanto Pool</b> 	<b>29</b> <b>AM Groups 9-11:30</b> <b>Circuit Training</b> Power of Positivity <b>St Vincent DePaul</b> <b>Volunteer</b> <b>Google Ecosystem</b> <b>PM Groups 12:30-3</b> <b>REN/HERO: Bowling</b> Fun in Recovery <b>Horses Help Volunteer</b> <b>REN@Nite 3-7:30p</b> REN will be open for late for extra activities and a great dinner!	<b>30</b> <b>REN ANNUAL</b> <b>LUAU</b> <b>ALL DAY EVENT!!!</b>  <b>Open Sky: Moqui</b> <b>Backpacking</b> 	

**CELEBRATE**

**JUNETEENTH**

**MONDAY, JUNE 19**

## MERCY CARE CONNECTIONS CONFERENCE

*Innovations in recovery: Breaking barriers, finding recovery*

Wednesday, June 21st will be a day of inspirational and educational sessions on innovative paths to recovery. Mercy Care is committed to breaking down barriers to health care for our members through our network of dedicated providers and our community partners.

Register at <https://www.mercycareaz.org/event>

## JUNE MONTHLY AWARENESS EVENTS

- National Safety Month
- National Great Outdoors Month
- 5th World Environment Day
- 12th-18th International Men's Health Week
- 14th Flag Day
- 18th Father's Day

### Understanding the Calendar

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

### June 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

**RECOVERY**  
Empowerment  
**NETWORK**

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](http://www.renaz.org/events)

## Calendar Highlights

- ⇒ **REN/HERO Bowling every Thursday**  
12:30 - 3pm
- ⇒ **REN@Nite every Thursday 3pm - 7:30pm**
- ⇒ **06/03 Lynx Lake Outing**
- ⇒ **06/05 Fresh Cuts**
- ⇒ **06/05 WRAP First Day**
- ⇒ **06/06 AZ Mills Mall Walk**
- ⇒ **06/07 Team Jeopardy Games**
- ⇒ **06/09 - 06/11 Camp Open Sky: Mount Lemmon**
- ⇒ **06/10 Master Chef Challenge**
- ⇒ **06/14 Laundry 4 Love**
- ⇒ **06/14 Fun in the Sun: Encanto Pool Outing**
- ⇒ **06/15 Sam Art Specialist**
- ⇒ **06/16 - 06/18 LGBTQ Retreat**
- ⇒ **06/17 AZ Mills 5K**
- ⇒ **06/19 REN Closed for Juneteenth**
- ⇒ **06/21 - 06/22 REN Closed for Mercy Care Connections Conference**
- ⇒ **06/24 Painting Your Way**
- ⇒ **06/28 Laundry 4 Love**
- ⇒ **06/28 Fun in the Sun: Encanto Pool Outing**
- ⇒ **06/30 REN Annual Luau Event**
- ⇒ **06/30 - 07/02 Camp Open Sky: Moqui Backpacking**