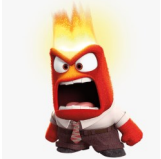



MARCH 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“I’ve found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.”</p> <p>-Brian Tracy</p> 				<p>1 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Kickball Practice Tea Time LGBTQ+ Heal Your Life Orientation</p> <p><u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p>	<p>2 <u>Saturday Services 7:30AM-2:30PM</u> REN CLOSED <i>Remember to cancel your rides!</i></p> 
<p>4 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Laundry 4 Love Creative Writing RST</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>5 <u>AM Groups 9-11:30</u> Chair Aerobics Heal Your Life Circle of Support St Vincent DePaul Volunteer Open Discussion WRAP HERO RST</p> <p><u>PM Groups 12:30-3</u> Anger Management Craft Nation</p> <p><u>REN@Nite 3-7:30p</u> Drive-In Movie Outing</p>	<p>6 REN closed for All Staff</p>  <p><i>Remember to cancel your rides!</i></p>	<p>7 <u>AM Groups 9-11:30</u> Circuit Training Heal Your Life Fresh Start St Vincent DePaul Volunteer Power of Positivity Storage & the Cloud RST</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>8</p> <p>REN CLOSED FOR SELF CARE DAY</p>  <p>YOU ARE ENOUGH</p>	<p>9</p>
<p>11 <u>AM Groups 9-11:30</u> Muscle Mondays Weekend Highlights Fresh Cuts Creative Writing RST</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>12 <u>AM Groups 9-11:30</u> Chair Aerobics Heal Your Life Circle of Support St Vincent DePaul Volunteer Independent Skills Computer Basics HERO RST</p> <p><u>PM Groups 12:30-3</u> Anger Management Craft Nation</p>	<p>13 <u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge RST Credentialing Ceremony HERO</p> <p><u>PM Groups 12:30-3</u> Women's Group To Boundary or Not to Boundary Men's Group Book Club</p>	<p>14 <u>AM Groups 9-11:30</u> Circuit Training Heal Your Life Fresh Start St Vincent DePaul Volunteer Power of Positivity Recovery Reelz Scams & Security</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 activities and dinner!</p>	<p>15 ST Patrick's Day Event</p> <p><u>ALL DAY CELEBRATION</u></p> 	<p>16 <u>Saturday Services 7:30AM-2:30PM</u> Catch A Wave Car Show (Off-Site Activity) Activity Info: <i>Check out some local cars and have fun with your REN peers!</i></p>  <p><i>*Activity subject to change</i></p>
<p>18 <u>AM Groups 9-11:30</u> Mental Health Day at the Capital Muscle Mondays Recovery Reelz Weekend Highlights Adopt A Street Clean-Up Creative Writing RST</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO</p> 	<p>19 <u>AM Groups 9-11:30</u> Chair Aerobics St Vincent DePaul Volunteer Circle of Support Heal Your Life Google Ecosystem Recovery Reelz HERO</p> <p><u>PM Groups 12:30-3</u> Anger Management Craft Nation</p> <p><u>REN@Nite 3-7:30p</u> Drive-In Movie Outing</p>	<p>20 <u>AM Groups 9-11:30</u> Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge HERO</p> <p><u>PM Groups 12:30-3</u> Women's Group To Boundary or Not to Boundary Men's Group Ashley's Book Club</p>	<p>21 <u>AM Groups 9-11:30</u> Circuit Training Heal Your Life Fresh Start St Vincent DePaul Volunteer Power of Positivity Recovery Reelz Couponing Camp Grand Canyon</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 activities and dinner!</p>	<p>22 <u>AM Group 9-11:30</u> Fun Fact Friday Stardust Volunteer Bingo Recovery Reelz Kickball Training Tea Time LGBTQ+ <u>PM Groups 12:30-3</u> Good Vibes Music Time Ability 360</p> 	<p>23 <u>Saturday Services 7:30AM-2:30PM</u> The Habit Revolution (On-Site Activity) Activity Info: <i>Experience new ways to form good habits and break bad ones!</i></p>  <p><i>*Activity subject to change</i></p>

MARCH 2024 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 AM Groups 9-11:30 Muscle Mondays Weekend Highlights Recovery Reelz Creative Writing PM Groups 12:30-3 Wellness & Wholeness HERO 	26 AM Groups 9-11:30 Chair Aerobics Heal Your Life Circle of Support St Vincent DePaul Volunteer Independent Skills Recovery Reelz Mental Health & Social Media HERO PM Groups 12:30-3 Anger Management Craft Nation 	27 AM Groups 9-11:30 Wellness Workouts Awesome World Heidi's Village Animal Shelter Volunteer Gratitude Challenge PM Groups 12:30-3 Women's Group To Boundary or Not to Boundary Men's Group Ashley's Book Club 	28 AM Groups 9-11:30 Circuit Training Heal Your Life Fresh Start St Vincent DePaul Volunteer Power of Positivity Storage & the Cloud RST PM Groups 12:30-3 REN/HERO: Bowling Fun in Recovery REN@Nite 3-7:30p REN will be open late for extra activities and a great dinner! 	29 Annual REN EGGSTRAVAGANZA ALL DAY EVENT 	30 Saturday Services 7:30AM-2:30PM Nature Walk at Riparian Preserve (Off-Site Activity) Activity Info: Stretch your legs and enjoy the tranquility of nature with REN!  <p><i>*Activity subject to change</i></p>



Calendar Highlights

- ⇒ **REN/HERO Bowling every Thursday 12:30 - 3pm**
- ⇒ **REN@Nite every Thursday 3pm - 7:30pm**
- ⇒ **03/01 Heal Your Life Orientation**
- ⇒ **03/02 REN CLOSED**
- ⇒ **03/04 Laundry 4 Love**
- ⇒ **03/05 Heal Your Life Begins**
- ⇒ **03/06 REN Closed for ALL STAFF**
- ⇒ **03/08 - 03/09 REN Closed for Self Car Day**
- ⇒ **03/11 Fresh Cuts**
- ⇒ **03/14 Recovery Reelz begins**
- ⇒ **03/15 ST. Patrick's Day Event**
- ⇒ **03/16 Catch a Wave Car Show**
- ⇒ **03/18 Mental health Day at the Capital**
- ⇒ **03/18 Adopt a Street Cleanup**
- ⇒ **03/21 - 03/24 Camp Open Sky Grand Canyon**
- ⇒ **03/23 The Habit Revolution**
- ⇒ **03/29 Eggstravaganza Event**
- ⇒ **03/30 Nature Walk at Riparian Preserve**

MARCH MONTHLY AWARENESS EVENTS

- Developmental Disabilities Awareness
- 20th Int'l. Day of Happiness
- Traumatic Brain Injury Awareness
- 30th World Bipolar Day
- 13th National No Smoking Day
- 30th National Doctors Day

Understanding the Calendar

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

March 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