




MAY 2023 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>1 <u>AM Groups 9-11:30</u> Muscle Monday Weekend Highlights Fresh Cuts Creative Writing Microsoft Word RST Offsite</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO Game Stop!</p> 	<p>2 <u>AM Groups 9-11:30</u> Chair Aerobics Circle of Support St Vincent DePaul Volunteer HERO Microsoft Excel RST</p> <p><u>PM Groups 12:30-3</u> Awesome World Anger Management</p> 	<p>3 <u>AM Groups 9-11:30</u> Circuit Training Craft Nation HERO Microsoft PowerPoint Relationship Skills</p> <p><u>PM Groups 12:30-3</u> Team Jeopardy Games</p> 	<p>4 <u>AM Groups 9-11:30</u> Circuit Training Power of Positivity St Vincent DePaul Volunteer Type/Blog RST</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery Horses Help Volunteer REN@Nite 3-7:30p Fear Factor, how does fear hold us back in our recovery. Dinner will be served.</p> 	<p>5 <u>AM Group 9-11:30</u> Fitness Friday Good Vibes Music Time Stardust Volunteer Game On! Tech Trivia/Discussion RST</p> <p><u>PM Groups 12:30-3</u> Bingo Fun Fact Friday</p> 	<p>6 Saturday Services 7:30AM-2:30PM Body Positive Day (On-Site Activity) Activity Info: <i>Lets work together to cultivate a healthy mindset towards body image and positive self esteem!</i></p> 		
<p>8 <u>AM Groups 9-11:30</u> WHAM & Workout Weekend Highlights How to Videos Creative Writing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO Game Stop!</p> 	<p>9 <u>AM Groups 9-11:30</u> Chair Aerobics Circle of Support St Vincent DePaul Volunteer HERO Online Security/Cloud</p> <p><u>PM Groups 12:30-3</u> Awesome World Anger Management</p> 	<p>10 <u>AM Groups 9-11:30</u> Wellness Workout Craft Nation Laundry 4 Love HERO Video Editing Mother's Day Purse Give Away!</p> <p><u>PM Groups 12:30-3</u> Wrap'in on Wednesday Recovery Meeting Book Club</p> 	<p>11 <u>AM Groups 9-11:30</u> Circuit Training Power of Positivity St Vincent DePaul Volunteer Coping Skills OCJ Volunteer</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery Horses Help Volunteer REN@Nite 3-7:30p Chakra & Meditation, focus inward and learn how our inner energy can help us heal. Dinner will be served.</p> 	<p>12 <u>AM Group 9-11:30</u> Fitness Friday Good Vibes Music Time Stardust Volunteer Game On! Type/Blog</p> <p><u>PM Groups 12:30-3</u> Bingo Fun Fact Friday</p> 	<p>13 Saturday Services 7:30AM-2:30PM REN Water Day! (Off-Site Activity) Activity Info: <i>Bring your swim suit and get ready to cool off. Summer is coming and REN is going to beat the heat with a fun day of water themed activities .</i></p> 		
<p>★ 15 SPIRIT ★ 16</p> <p><i>Appropriate PJ Day</i> <u>AM Groups 9-11:30</u> WHAM & Workout Weekend Highlights Google Ecosystem Creative Writing RST Study/Exam</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO Game Stop!</p> 		<p>★ 17</p> <p><i>Wild Hair Wednesday</i></p>  <p>All Staff REN Closed <i>Remember to cancel your rides!</i></p>		<p>★ 18 WEEK ★ 19</p> <p><i>Throw Back Thursday</i> MENTAL HEALTH AWARENESS WEEK SELF CARE DAY EVENT! REN staff will be creating their own mental health booths. To share what we love in mental health!</p> <p>REN@Nite 3-7:30p Can Positivity be Toxic? What do you think? Dinner will be served.</p>		<p><i>Wear Green Day</i> <u>AM Group 9-11:30</u> Fitness Friday Good Vibes Music Time Stardust Game On! Type/Blog RST Mental Health First Aid Open Sky: Camp Geronimo</p> <p><u>PM Groups 12:30-3</u> Bingo Fun Fact Friday</p> 	<p>20 Saturday Services 7:30AM-2:30PM Bring Change to Mind (On-Site Activity) Activity Info: <i>Lets find new ways to bring positive change to our lives. Come enjoy a topic of how we can move into new realms of recovery though positive change.</i></p> 
<p>22 <u>AM Groups 9-11:30</u> WHAM & Workout Weekend Highlights Microsoft Word Creative Writing RST Hope & Healing</p> <p><u>PM Groups 12:30-3</u> Wellness & Wholeness HERO Game Stop!</p> 	<p>23 <u>AM Groups 9-11:30</u> Chair Aerobics Circle of Support St Vincent DePaul Volunteer HERO Microsoft Excel RST Breaking Down the</p> <p><u>PM Groups 12:30-3</u> Awesome World Anger Management</p> 	<p>24 <u>AM Groups 9-11:30</u> Circuit Training RST Credentialing Ceremony Laundry 4 Love Craft Nation Microsoft PowerPoint Relationship Skills</p> <p><u>PM Groups 12:30-3</u> Wrap'in on Wednesday Recovery Meeting Book Club</p> 	<p>25 <u>AM Groups 9-11:30</u> Circuit Training Power of Positivity St Vincent DePaul Volunteer Type/Blog</p> <p><u>PM Groups 12:30-3</u> REN/HERO: Bowling Fun in Recovery Horses Help Volunteer REN@Nite 3-7:30p Long Exposure Photography with Jeff! Dinner will be served.</p> 	<p>26 <u>AM Group 9-11:30</u> Fitness Friday Good Vibes Music Time Stardust HERO Game On! Typing</p> <p><u>PM Groups 12:30-3</u> Bingo Fun Fact Friday</p> 	<p>27 Saturday Services 7:30AM-2:30PM Processing with Paint @ Steele Indian Park (Off-Site Activity) Activity Info: <i>Travel with REN to the park to learn about landscape painting.</i></p> 		

20

Saturday Services
7:30AM-2:30PM
Bring Change to Mind
(On-Site Activity)
Activity Info:
Lets find new ways to bring positive change to our lives. Come enjoy a topic of how we can move into new realms of recovery though positive change.


MAY 2023 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>29</p> <p>REN Closed in Observation of</p>  <p><i>Remember to cancel your rides!</i></p>	<p>30</p> <p>AM Groups 9-11:30 <u>Chair Aerobics</u> Awesome World <u>St Vincent DePaul Volunteer</u> HERO <u>Microsoft Excel</u></p> <p>PM Groups 12:30-3 Circle of Support Anger Management</p> 	<p>31</p> <p>AM Groups 9-11:30 <u>Wellness Workout</u> Craft Nation HERO <u>PC Basics</u> Relationship Skills</p> <p>PM Groups 12:30-3 Book Club Recovery Meeting</p> 



SPIRIT WEEK

<p>Monday 5/15 Appropriate Pj Wear you best and publicly acceptable pajamas into REN.</p>	<p>Tuesday 5/16 Sports Team Show off your favorite sports team.</p>	<p>Wednesday 5/17 Wild Hair REN is closed, so take a pic of your wildest hair do and post it to the REN Member Support Facebook Page</p>	<p>Thursday 5/18 Throw-back Wear your best outfits from the 90s, 80s, 70s and beyond.</p>	<p>Friday 5/19 Wear Green Celebrate Mental Health Month with shades of green.</p>
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Month Long

- ALS Awareness
- National Cancer Research
- Healthy Vision Awareness
- Melanoma Detection & Prevention
- National Physical Fitness & Sports
- Better Hearing & Speech

Week Long

- 6th - 12th Nurses Week
- 7th - 13th Public Service Recognition
- 7th - 13th National Hospital
- 14th - 20th National Women's Health
- 14th - 20th National Police
- 21st - 27th National EMS Emergency Medical Services

Day Events

- 2nd National Teacher
- 4th International Firefighters
- 6th Nurses Day
- 10th World Lupus
- 14th Mother's Day
- 16th Barbeque Day
- 18th International Museum
- 19th National Employee Health & Fitness
- 19th Bike to Work
- 27th Sunscreen

Understanding the Calendar

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

May 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**
- ⇒ REN@Nite every Thursday 3pm - 7:30pm
- ⇒ **05/01 Fresh Cuts**
- ⇒ 05/03 Team Jeopardy Games
- ⇒ **05/06 Body Positive Day**
- ⇒ 05/10 Mother's Da Purse Give Away
- ⇒ **05/10 Laundry for Love**
- ⇒ 05/13 REN Water Day
- ⇒ **05/15 - 05/19 Spirit Week**
- ⇒ 05/15 Appropriate PJ Day
- ⇒ **05/15 RST Study Group/Exam**
- ⇒ 05/16 Sports Team Tuesday
- ⇒ **05/16 RST CPR/First Aid/AED**
- ⇒ 05/17 REN Closed for All Staff
- ⇒ **05/18 Throw Back Thursday**
- ⇒ 05/18 MHA Self Care Day Event
- ⇒ **05/19 Wear Green Day**
- ⇒ 05/19 - 05/21 Camp Open Sky: Camp Geronimo
- ⇒ **05/19 RST Mental Health First Aid**
- ⇒ 05/20 Bring Change to Mind
- ⇒ **05/22 RST Hope and Healing**
- ⇒ 05/23 RST Breaking Down the Barriers
- ⇒ **05/24 RST Credentialing Ceremony**
- ⇒ 05/24 Laundry for Love
- ⇒ **05/25 Long Exposure Photography w/Jeff**
- ⇒ 05/27 Processing w/Paint @ Steele Indian Park
- ⇒ **05/29 REN Closed for Memorial Day**