


NOVEMBER 2020 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 AM Groups 9-11:30 Wham & Workout Fan Fiction & Exploration- REC Doing The Impossible & Beating the Odds CR PM Groups 12:30-3 Navigating Anger & Finding Peace- REC This Month In History & November Trivia CR <i>*Rst</i>	3 AM Groups 9-11:30 Chair Aerobics & Stretch Session US History & US Presidents Trivia- REC Name That Tune & Disney Trivia- CR <i>*RST</i> HERO Open 9-11:30 PM Groups 12:30-3 NO PM Groups 	4 AM Groups 9-11:30 Positive Body Image & HIIT Training What Is Happiness & Moving Towards REC Team Games & Music Jam CR PM Groups 12:30-3 Freedom From Fear & Self Doubt REC Creating Healthy Habits & Owning Your Day CR	5 AM Groups 9-11:30 WHAM & Work Out Film Discovery & Exploration REC US Geography Trivia & Influential Americans CR PM Groups 12:30-3 Something Fun & Something Tasty REC Cultivating Self-lessness & Volunteering CR <i>*RST</i>	6 AM Groups 9-11:30 5K Friday @ The Park Spelling Tips & Team Spelling Bee REC Breaking the Ice & Bingo CR PM Groups 12:30-3 Healing with Food & Dance REC Exploring Europe & Trivia CR <i>*RST</i> Pinal Outing (LIMIT 18)	7 Saturday Services Superhero Saturday Fun Time 
9 AM Groups 9-11:30 WHAM & Workout Fun Facts & Film Discovery REC Music Appreciation & Mood Transformation CR PM Groups 12:30-3 Personality Types & Interpersonal Skills REC Forgiveness & Relationships CR Montezuma Castle Outing (LIMIT 18)	10 AM Groups 9-11:30 Cardio & Yoga 4 Tasks Of Peer Support & Implementation REC Vision Boards & Moving Towards CR HERO 9-11:30 PM Groups 12:30-3 Organizing & Overcoming Procrastination REC Meaning & Purpose & Spirituality CR	11  	12 AM Groups 9-11:30 WHAM & Work Out Vitamins In Foods & Meal Prepping REC Successful Principals & Personal Philosophies CR PM Groups 12:30-3 Film Discovery & Exploration REC Camping 101 & Camp Story Writing CR	13 AM Groups 9-11:30 PE Games & Team Work Team Sing Off & Dance Off REC Team Building Challenge & Resiliency CR <i>*Stardust</i> PM Groups 12:30-3 Philosophy & The Power Of Positivity REC Team Trivia & Fun Facts CR Rooster Cogburn Outing (LIMIT 18)	14 Saturday Services Team Cooking Challenge & Food Art 
16 AM Groups 9-11:30 Fitness Fun Exploring AZ & Fun Facts REC Anger & Finding Peace CR PM Groups 12:30-3 Being Positive & Making A Difference REC Famous Societies & Their Impact CR	17 GRATITUDE DAY 	18  All Staff REN Closed <i>Remember to cancel your rides!</i>	19 GRATITUDE DAY 	20 AM Groups 9-11:30 Leg Day Of Doom Team Film Scavenger Hunt & Movie Facts REC Team Brain Games & Challenges CR PM Groups 12:30-3 Fall Dream Catchers REC History Of Fairy Tales & Writing CR	21 Saturday Services Main Event Outing
23 AM Groups 9-11:30 WHAM & Work Out Self-Esteem & Meditation REC Fun With Fruits & Vegetables CR PM Groups 12:30-3 Because Science & Learning REC Talk Like TED & Self Confidence CR <i>*Laundry 4 Love 9am</i>	24 AM Groups 9-11:30 Thankful For Bootcamp & Stretch Writing Skills & Fictional Stories REC Music & Coping Skills CR HERO open 9-11:30 PM Groups 12:30-3 Hobby Sharing & Exploration REC Relationship Magic & Skill Development CR	25 AM Groups 9-11:30 Turkey Trot & Calorie Burn Celebrations Around The World REC Fall Fun Time CR PM Groups 12:30-3 Making Memories & Journaling REC. Mysterious Afternoon CR	26 REN	27 IS	28 CLOSED 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 AM Groups 9-11:30 WHAM & Workout Navigating Anger & Finding Peace REC Fun With Fruits & Vegetables CR PM Groups 12:30-3 Team Survivor Challenge & Problem Solving REC Exploring Worldview & Moral Diversity CR					



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ALWAYS
 · GIVE ·
THANKS
 ~~~~~ IN ~~~~~  
**EVERYTHING**  
 · HAPPY ·  
**THANKSGIVING**

## Understanding the Calendar

- \*Closed group which requires Registration with group staff
- **Bold items mean outing**
- **Bold & GREEN requires sign up**
- Blue is groups/activities on the second floor
- Black is groups/activities held on the first floor

**Computer Lab | M-F 7:30 AM / 9:00 AM**

**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)**

**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**

## Calendar Highlights

- ⇒ 11/3 Election Day REN closes early
- ⇒ **11/6 Pinal Outing**
- ⇒ 11/9 Montezuma Castle Outing
- ⇒ **11/11 Veteran's Day**
- ⇒ 11/13 Rooster Cogburn Outing
- ⇒ **11/17 Gratitude Day**
- ⇒ 11/18 Closed ALL Staff
- ⇒ **11/19 Gratitude Day**
- ⇒ 11/21 Main Event Outing
- ⇒ **11/26-11/27 Closed Thanksgiving**

### **October REN Hours**

**Monday - Friday 7:30am – 3:00pm**

### **Meals Served Daily**

**Breakfast 7:30am – 9:00am**

**Lunch 11:30am – 12:30pm**

**Transportation starts @ 2:15pm**