### **NOVEMBER 2021 REN CALENDAR** MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY **SATURDAY** 6 1 5 Saturday AM Groups 9~11:30 AM Groups 9~11:30 AM Groups 9~11:30 AM Group 9-11:30 AM Groups 9-11:30 Services WHAM & Workout Chair Aerobics Circuit Training Fitness Friday Fitness Goals W/ Gayle Check In & Current Fun In Recovery REC Bingo REC People Are Awesome Workshop Wednesday Fun Fact Friday Prize Cooking 4 Health & Events REC REC REC Pride Power of Positivity - CR 8 Dimensions Of Success Principals - CR Nutrition CR Play CR **Parade** Wellness Spiritual REN News Team **Small Goals Group** Stardust **HERO Event** Exploration CR St Vincent De Paul Hero PM Groups 12:30~3 Barber College PM Groups 12:30~3 PM Groups 12:30-3 Community Fitness PM Groups 12:30-3 Good Vibes Music Time Adventure Time CR Show Stoppers Acting Club Creative Writing CR CR PM Groups 12:30-3 Game On HR Anger Management You Got Talent Holiday Survival Guide HERO Adulting 101 CR CR Club Rainbow Women's Group Kankful 10 11 12 13 Saturday AM Groups 9~11:30 AM Groups 9~11:30 AM Groups 9-11:30 AM Groups 9~11:30 WHAM & Workout Chair Aerobics Fitness Goals W/ Gayle Fitness Friday Services Workshop Wednesday Bingo REC Check In & Current Community Focus group We're Fun Fact Friday Prize **Events Holiday** w/ prize- CR REC Fall Art & Resources REC REN News Team Power of Positivity- CR Play CR **Feast** HERO Stardust St Vincent De Paul 8 Dimensions Of Wellness CR **CPR** Community Fitness PM Groups 12:30~3 PM Groups 12:30-3 Feed My Starving RST Study Group & Good Vibes Music Time Children **EXAM** Adventure Time CR CR PM Groups 12:30~3 PM Groups 12:30~3 You Got Talent Game On HR Creative Writing CR Member Spotlight CR Anger Management Club Rainbow Don't Forget to **HERO** cancel your rides 18 15 16 17 19 20 AM Groups 9~ AM Groups 9~11:30 **Harvest Celebration** AM Groups 9~11:30 Saturday Chair Aerobics Fitness Friday 11:30 & Talent Show People Are Awesome REC Bingo REC WHAM & Workout Day of the Close Fun Fact Friday Prize Success Principal CR Check In & Current **Dog Event** REN News Team Play CR Events REC St Vincent De Paul Stardust 8 Dimensions of Besh Ba Gowah **RST** Wellness Spiritual All Staff PM Groups 12:30~3 PM Groups 12:30~3 **Exploration CR** Adventure Time CR Good Vibes Music Time PM Groups 12:30-3 **REN Closed** You Got Talent CR Creative Writing CR Game On HR Anger Management HERO Remember to cancel your rides! 26 27 22 23 24 25 AM Groups 9~11:30 AM Groups 9~11:30 AM Group 9-11:30 WHAM & Workout Chair Aerobics Fitness Goals W/ Gayle People Are Awesome Check In & Current Workshop Wednesday **REC Events Holiday** REC Resources REC Success Principles CR Power of Positivity - CR 8 Dimensions of REN News Team **HERO** Wellness CR **Vulture City Mine** Laundry 4 Love **RST** PM Groups 12:30-3 Community Fitness PM Groups 12:30-3 Adventure Time CR PM Groups 12:30~3 Creative Writing CR Fun With Fashion Holiday Survival Guide Anger Management CR HERO Club Rainbow Don't Forget to cancel your rides

## **NOVEMBER 2021 REN CALENDAR**

THURSDAY

WEDNESDAY

29
AM Groups 9-11:30
WHAM & Workout
Check In & Current
Events REC
8 Dimensions of
Wellness Spiritual
Exploration CR
PM Groups 12:30-3

PM Groups 12:30~3
Creative Writing CR
Anger Management
HERO

30 AM Groups 9~11:30 Chair Aerobics

TUESDAY

People Are Awesome REC Success Principals - CR

Success Principals - CR REN News Team St Vincent De Paul

PM Groups 12:30-3 Adventure Time CR Fun with Fashion

# THERE IS always, always, ALWAYS something to be thankful for

FRIDAY

SATURDAY



### **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 | If you're interested in attending an

### **November 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 @ 2:15pm

# RECOVERY Empower 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

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**

- ⇒ 11/06 Pride Parade Event
- ⇒ 11/08 RST Exam & Study Group
- ⇒ 11/11 REN Closed
- ⇒ 11/16 Besh Ba Gowah Outing
- ⇒ 11/17 Closed All Staff
- ⇒ 11/18 Harvest Celebration & Talent Show
- ⇒ 11/20 Day of the Dog Event
- ⇒ 11/23 Vulture City Mine
- ⇒ 11/24 Laundry 4 Love
- ⇒ 11/25-11/27 Closed Thanksgiving