

OCTOBER 2020 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5 AM Groups 9-11:30 Wham & Workout Self-Esteem & Relationships REC Creative Writing & Tools for Anxiety CR PM Groups 12:30-3 Philosophy 101 & Team Games REC Life Adventure & Balance CR *HYL *Recovery Reelz</p>	<p>6 AM Groups 9-11:30 Cardio & Yoga No Bake Cooking & Culture REC Current Events & Tear Art Landscapes CR HERO Open 9-11:30 PM Groups 12:30-3 Building Trust & Goal Planning REC Boundaries & Relationships CR *HYL *Recovery Reelz</p>	<p>7 AM Groups 9-11:30 Whole Body Workout Clay Pumpkins & Poetry REC Check in & Fall Planting CR PM Groups 12:30-3 Film Discovery & Personal Strengths REC Smoothies & Thrifty Tools CR</p> 	<p>8 AM Groups 9-11:30 WHAM & Work Out Pour Art & Open Topic REC Short Stories & Music Appreciation CR PM Groups 12:30-3 HYL Graduation & Preview REC Mixed Media Art & Beading CR</p>	<p>9 AM Groups 9-11:30 Fitness Team Challenge Karaoke & Guess That Tune REC Team Trivia & Games CR PM Groups 12:30-3 Paper Mache Pumpkins REC Authentic Self & Self Care CR</p>	<p>10 Saturday Services Vertuccio Outing (Limit 18) 8am-4pm Sign Up www.renaz.org/ events</p>
<p>12 AM Groups 9-11:30 WHAM & Workout Writing to Heal REC Drawing & Bowie Poetry CR PM Groups 12:30-3 Ask Me Talk & Team Games REC Open Topic & Thrifty Resource Share CR</p> 	<p>13 AM Groups 9-11:30 Cardio & Yoga The Art of Appearance & Change REC Clay & Music Showcase CR HERO 9-11:30 PM Groups 12:30-3 Cultural Trivia & Ted Talk REC Support with Substance Use & Family CR</p>	<p>14 AM Groups 9-11:30 Open Gym Photo Voice REC Film Discovery & Fine Arts Overview CR PM Groups 12:30-3 Nutrition Game & Cooking Demo REC Adventure Time & Mad Libs CR</p>	<p>15 AM Groups 9-11:30 WHAM & Work Out Grow Your Own Recovery & Mutuality Tools REC Purpose Path & Advocacy CR PM Groups 12:30-3 Ted Talk Write Autobiography REC Thoughtful Thursday CR Marana Outing (Limit 18)</p>	<p>16 AM Groups 9-11:30 Fitness Fun Karaoke and Music Vibe REC Trivia & Group Pictionary CR PM Groups 12:30-3 The Magic of Believing in Yourself REC Open Art Draw & Music CR</p> 	<p>17 Saturday Services Via ZOOM 9am-12pm</p>
<p>19 AM Groups 9-11:30 WHAM & Work Out Pleasant Memories & Scrapbooking REC Film Discovery & Storyboard Session CR PM Groups 12:30-3 8 Dimensions & Peacefulness REC What Is Healthy & Things That Work For Me CR *RST</p>	<p>20 AM Groups 9-11:30 Chair Aerobics & Yoga No Bake Cooking & Culture REC Superheroes Unlimited & Individual Value CR HERO 9-11:30 PM Groups 12:30-3 Team Name That Tune & Music Throwback REC Finding Motivation & Overcoming Obstacles CR *RST</p> 	<p>21  All Staff REN Closed Remember to cancel your rides!</p>	<p>22 AM Groups 9-11:30 WHAM & Work Out Middle Eastern Diversity Celebration PM Groups 12:30-3 Middle Eastern Diversity Celebration *RST</p> 	<p>23 AM Groups 9-11:30 Obstacles at the Park Cruisin Through History & Car Talk REC International Exploration & The Scenic Route CR PM Groups 12:30-3 Karaoke & Line Dancing Tapping into Our Inner- Child & Remember When CR *RST * Stardust Volunteering</p>	<p>24 Saturday Services 9am-1:30pm Car Show * NO BREAKFAST SERVED</p> 
<p>26 AM Groups 9-11:30 WHAM & Work Out Monday Motivation & Graffiti Goodness REC Celebrating Accomplishments & SMART Goals CR PM Groups 12:30-3 Memories in Music & Mood Exploration REC Exploring Our Talents & Art W/ Steven CR *RST *Laundry 4 Love 9am</p>	<p>27 AM Groups 9-11:30 Cardio & Yoga The Places I've Been & The Places I'll Go REC Morning Boost & Food Talk CR HERO open 9-11:30 PM Groups 12:30-3 Adventures In Recovery & Community Support REC Self Discovery & Navigating the Future CR *RST</p>	<p>28 AM Groups 9-11:30 Chair Aerobics & Inspiration Through Perspiration Fall Crafts REC Fall Body Care CR PM Groups 12:30-3 Folklore & Myths & Seasonal Stories REC Music Trivia & Time Travel CR Pioneer Museum (LIMIT 18)</p>	<p>29 AM Groups 9-11:30 WHAM & Workout Coffee Time & Celebration of October Accomplishments REC Celebrating Adventure & Campfire Stories CR PM Groups 12:30-3 Good Mood Food & Food Prep REC My Inspiration & Through the Lens CR *RST</p>	<p>30 AM Groups 9-11:30 Fitness Fun Breaking The Ice & Dance Party Bingo REC Ice Breaker Game & Film Trivia CR PM Groups 12:30-3 What's Up In My Community & Designing Your Weekend REC Memory Lane & Memory Games CR *RST</p>	<p>31 </p>

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		<p>IT'S A GOOD DAY TO HAVE A GOOD DAY</p>			



TODAY
 WILL NEVER COME AGAIN.
Be a blessing.
Be a friend.
Encourage someone.
Take Time To Care.
Let your words heal,
and not wound.



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

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

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.

Calendar Highlights

- ⇒ HERO will be open Tuesdays from 9-11:30
- ⇒ 10/8 HYL graduation
- ⇒ 10/10 Saturday services Vertuccio Outing
- ⇒ 10/15 Marana Outing
- ⇒ 10/19 RST 1st day
- ⇒ 10/24 Car Show
- ⇒ 10/28 Pioneer Museum