

REN CALENDAR - NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>There's always SOMETHING TO BE thankful FOR</p>				<p>1 9-11 Gift In Kind 9-11:30 Recovery Meeting 9-11:30 Intro to RST 9-11:30 Friendship Friday or Sewing 9-11:30 Men's Group 9-11:30 Circuit Training 9-11:30 Women's Group 12:30-2:30 Film Discovery 12:30-2:30 Games & Open Art 2:30-4:30 Karaoke</p>	<p>2 Weekend Connections All Souls' Day! 7:30am - 2:30pm</p> 
<p>4 8-1 Volunteering Food Box Distribution 9-11:30 Adventure Time 9-11:30 Karaoke Social 9-11:30 Fun W/ Fitness! 9-11:30 Anger Management 9-11:30 Recovery Rocks 12:30-2:30 Voices & Visions 12:30-2:30 Beading & Games 12:30-3 Laundry 4 Love 12:30-3 Gym & Swim 2:30-4:30 Electric Bingo</p>	<p>5 9-11 Burton Barr Library (Limit 8) 9-11:30 LGBTQ Group 9-11:30 Art Basics 9-11:30 COLOR 9-11:30 Healthy Living Explore Phoenix Mountains 9-1 Volunteering St. Vincent De Paul *9-3 HYL Workshop 10-11:30 Yoga & Meditation 12:30-2:30 Spiritual Emergence 12:30-2:30 Social Games & Holiday Play 2:30-3:30 Healthy Cooking 2:30-4:30 Dancing & Active Games</p>	<p>6 9-11:30 Check In "Meditation & Relaxation" 9-11:30 Creative Writing 9-12:30 Gym & Swim 9-2 Volunteering Robinson Ranch 9-4 Rooster Cogburn Ostrich Ranch (Limit 24) 12:30-2:30 Open Topic 2:30-3:30 Understanding Nutrition 2:30-4:30 Acting & Games</p>	<p>7 9-11:30 Check In "Mind Over Mood" or "Acts of Kindness through Art" 9-11:30 COLOR 9-11:30 Chair Aerobics & Open Gym 9-1 Volunteering St. Vincent De Paul *9-3 HYL Workshop 10-11:30 Smart Recovery 12:30-2:30 Grief & Loss 12:30-2:30 Ted Talks & Topics 2:30-4:30 Trivia & Games</p>	<p>8 9-11 Gift In Kind 9-11:30 Recovery Meeting 9-11:30 Intro to RST 9-11:30 Friendship Friday or Sewing 9-11:30 Men's Group Outing 9-11:30 Women's Group 12:30-2:30 Film Discovery 12:30-2:30 Games & Open Art 2:30-4:30 Karaoke Social</p>	<p>9 Weekend Connections Grand Ave Arts & Preservation Festival Limit 24 (Off-site Outing) 7:30am - 2:30pm</p> 
<p>11 REN CLOSED IN HONOR OF VETERAN'S DAY <i>Remember to cancel your rides!</i></p> 	<p>12 8-1 Volunteering Food Box Distribution 9-11:30 LGBTQ Group 9-11:30 Advanced Art Lesson 9-11:30 COLOR 9-11:30 Healthy Living Botanical Gardens 9-1 Volunteering St. Vincent De Paul *9-3 HYL Workshop 10-11:30 Yoga & Meditation 12:30-2:30 Spiritual Emergence 12:30-2:30 Social Games & Holiday Play 2:30-4:30 Dancing & Active Games</p>	<p>13 REN's Health Fair 7:30am-3:00pm</p> 	<p>14 All Staff Training REN Closed <i>Remember to cancel your rides!</i></p>	<p>15 All Staff Training REN Closed <i>Remember to cancel your rides!</i></p>	<p>16 All Staff Training REN Closed <i>Remember to cancel your rides!</i></p>
<p>18 8-1 Volunteering Food Box Distribution 9-11:30 Adventure Time 9-11:30 Karaoke Social 9-11:30 Recovery Rocks 9-11:30 Laundry 4 Love 9-11:30 Fun W/ Fitness! 9-11:30 Anger Management 12:30-2:30 Voices & Visions 12:30-2:30 Beading & Games 12:30-3 Gym & Swim 2:30-4:30 Electric Bingo</p>	<p>19 9-11:30 LGBTQ Group 9-11:30 Art Basics 9-11:30 Healthy Living Explore Phoenix Mountains 9-11:30 COLOR 9-1 Volunteering St. Vincent De Paul 9-1:30 Saguaro Ranch Picnic (Limit 24) *9-3 HYL Workshop 10-11:30 Yoga & Meditation 12:30-2:30 Spiritual Emergence 12:30-2:30 Social Games & Holiday Play 2:30-4:30 Dancing & Active Games</p>	<p>20 9-11:30 Check In "Meditation & Relaxation" 9-11:30 Creative Writing 9-12:30 Gym & Swim 12:30-2:30 Open Topic 12:30-2:30 Recovery In The Park 2:30-3:30 Understanding Nutrition 2:30-4:30 Acting & Games</p>	<p>21 HARVEST CELEBRATION & Member Meeting 7:30AM-2:00PM</p> 	<p>22 9-11 Gift In Kind 9-11:30 Recovery Meeting 9-11:30 Intro to RST 9-11:30 Friendship Friday or Sewing 9-11:30 Men's Group 9-11:30 Circuit Training 9-11:30 Women's Group 12:30-2:30 Film Discovery 12:30-2:30 Games & Open Art 1-3 Barber College 2:30-4:30 Karaoke</p>	<p>23 Weekend Connections Leonardo Fibonacci Day! Limit 24 7:30am - 2:30pm</p> 

CLOSED

REN CALENDAR – NOVEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>25</p> <p>8-1 Volunteering Food Box Distribution 9-11:30 Adventure Time</p> <p>9-11:30 Karaoke Social 9-11:30 Recovery Rocks 9-11:30 Fun W/ Fitness! 9-11:30 Anger Management</p> <p>12:30-2:30 Voices & Visions 12:30-2:30 Beading & Games</p> <p>12:30-3 Gym & Swim 2:30-4:30 Electric Bingo</p>	<p>26</p> <p>9-11:30 LGBTQ Group 9-11:30 Art Basics 9-11:30 Healthy Living Explore Phoenix Mountains</p> <p>9-11:30 COLOR 9-1 Volunteering St. Vincent De Paul *9-3 HYL Workshop 10-11:30 Yoga & Meditation 12:30-2:30 Spiritual Emergence</p> <p>12:30-2:30 Social Games & Holiday Play 12:30-3 "Let It Roll" Bowling (Limit 16) 2:30-4:30 Dancing & Active Games</p>	<p>27</p> <p>9-11:30 Check In "Meditation & Relaxation" 9-11:30 Creative Writing 9-12:30 Gym & Swim 12:30-2:30 Open Topic 12:30-3 Barber College 2:30-3:30 Teaming Up Against Tobacco 2:30-4:30 Acting & Games</p>	<p>28</p> <p>Recovery Empowerment Network will be Closed.</p> <p><i>Remember to cancel your rides!</i></p> <p>HAPPY THANKS GIVING</p>	<p>29</p> <p>Recovery Empowerment Network will be Closed.</p> <p><i>Remember to cancel your rides!</i></p> <p>CLOSED</p>	<p>30</p> <p>Recovery Empowerment Network will be Closed.</p> <p><i>Remember to cancel your rides!</i></p>



Understanding the Calendar

- *Closed group which requires Registration with group staff
- **Bold items mean outing**
- **Bold & GREEN requires sign up with Recovery in Action (RIA)**
- Blue is groups/activities on the second floor
- Black is groups/activities held on the first floor
- **Bold & ORANGE is an Event/Party**

Computer Lab | M-F 12:30 -3:30 PM

*Tuesdays & Wednesdays the computer lab will also be open in the morning from 9-11:30!

REN Hours

Monday - Friday 7:30am – 4:30pm
Saturday 7:30am – 2:30pm

Meals Served Daily

Breakfast 8:00am – 9:00am
Lunch 11:30am – 12:30pm



Recovery In Action is changing the way we sign up for offsite RIA activities. If you're interested in attending, sign ups will be in the computer lab.

For any questions regarding RIA offsite activities, or wish to cancel by phone, please contact the Recovery In Action Team at 602-526-3610. Leave your name, number & outing. RIA Activities require 48-Hour Notice.

All RIA activities have limited spaces available.

Personal Training available after lunch in the fitness center on Tuesdays & Wednesdays!

Calendar Highlights

- ⇒ 11/9 Grand Festival!
- ⇒ 11/11 Veteran's Day REN Closed
- ⇒ 11/13 REN's Health Fair!
- ⇒ 11/14 Staff Training REN Closed
- ⇒ 11/15 Staff Training REN Closed
- ⇒ 11/16 Staff Training REN Closed
- ⇒ 11/21 Harvest Celebration & Member Meeting!
- ⇒ 11/28 Thanksgiving REN Closed
- ⇒ 11/29 Black Friday REN Closed
- ⇒ 11/30 REN Closed

#RENROCKS!