



REN CALENDAR - OCTOBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Go the Extra Mile it's never Crowded.</p>	<p>1 8-1 Volunteering Food Box Distribution 9-11:30 LGBTQ Support Group 9-11:30 Sports In The Community 9-11:30 Art Basics 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 2:30-4:30 Dancing & Active Games</p>	<p>2 9-11:30 Check In "Meditation & Relaxation" 9-11:30 Creative Writing 9-11:30 Barber College 9-11:30 Chair Aerobics & Open Gym 12:30-2:30 Open Topic 12:30-2:30 Dynamic Music Radiance 12:30-3 Gym & Swim 2:30-4:30 Acting & Games</p>	<p>3 9-11:30 Check In "Mind Over Mood" or "Acts of Kindness through Art" 9-12 Gym, Swim & Rock Climbing 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 2:30-3:30 Healthy Cooking 2:30-4:30 Trivia & Games</p>	<p>4 9-11 Gift In Kind 9-11 Recovery Meeting 9-11:30 Friendship Friday or Sewing 9-11:30 Men's Group 9-11:30 Circuit Training 12:30-2:30 Film Discovery 12:30-2:30 Games & Open Art 2:30-4:30 Karaoke Social</p>	<p>5 Weekend Connections Astronomical Creative Writing Day! 7:30am -2:30pm</p> 
<p>7 8-1 Volunteering Food Box Distribution 9-11:30 Adventure Time or AM Karaoke Social 9-11:30 Laundry 4 Love 9-11:30 Morning Workout! 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>8 9-11:30 LGBTQ Support Group 9-11:30 Art Basics 9-11:30 Sports In The Community At The Desert 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 2:30-4:30 Dancing & Active Games</p>	<p>9 9-11:30 Check In "Meditation & Relaxation" 9-11:30 Creative Writing 9-11:30 Chair Aerobics & Open Gym 9-12:30 State Capital Museum Tour & Picnic Limit 16 Diversity Celebration & Member Meeting 12:30-4:30</p>	<p>10 9-11:30 Check In "Mind Over Mood" or "Acts of Kindness through Art" 9-12 Gym, Swim & Rock Climbing 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 2:30-3:30 Healthy Cooking 5-8 Candle Light Celebration of Hope Limit 24</p>	<p>11 9-11 Gift In Kind 9-11 Recovery Meeting 9-11:30 Friendship Friday or Sewing 9-11:30 Women's Group 9-11:30 Men's Group Outing 9-11:30 Circuit Training 12:30-2:30 Film Discovery 12:30-2:30 Games & Open Art 2:30-4:30 Karaoke Social</p>	<p>12 Weekend Connections Agriculture History Day! 7:30am -2:30pm</p> 
<p>14 8-1 Volunteering Food Box Distribution 9-11:30 Adventure Time or AM Karaoke Social 9-11:30 Holistic Healing 9-11:30 Morning Workout! 9-11:30 Harvest for Compassion Limit 8 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>15 9-11:30 LGBTQ Support Group 9-11:30 Advanced Art Lesson 9-11:30 Sports In The Community 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 2:30-4:30 Dancing & Active Games</p>	<p>16</p> <p>All Staff Training REN Closed</p> <p><i>Remember to cancel your rides!</i></p>		<p>17 9-11:30 Check In "Mind Over Mood" or "Acts of Kindness through Art" 9-12 Gym, Swim & Rock Climbing 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 2:30-3:30 Healthy Cooking 2:30-4:30 Trivia & Games</p>	<p>18 9-11 Gift In Kind 9-11:30 Friendship Friday or Sewing 9-11:30 Women's Group 9-11:30 Men's Group 9-11:30 Circuit Training 12:30-2:30 Film Discovery 12:30-2:30 Games & Open Art 2:30-4:30 Karaoke Social</p>
<p>21 8-1 Volunteering Food Box Distribution 9-11:30 Adventure Time or AM Karaoke Social 9-11:30 Morning Workout! 9-11:30 PTSD Class 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>22 9-11:30 LGBTQ Support Group 9-11:30 Art Basics 9-11:30 Sports In The Community Carefree Walk 9-1 Volunteering St. Vincent De Paul *9-3 HYL Workshop 10-11:30 Yoga & Meditation 11-3 Pollack Cinema Limit 16 12:30-2:30 Spiritual Emergence 12:30-2:30 Social Games 2:30-4:30 Dancing & Active Games</p>	<p>23 9-11:30 Check In "Meditation & Relaxation" 9-11:30 Creative Writing 9-11:30 Chair Aerobics & Open Gym 9-5 Flagstaff & Picnic Limit 24 12:30-2:30 Open Topic 12:30-2:30 Dynamic Music Radiance 12:30-3 Barber College 2:30-4:30 Acting & Games</p>	<p>24 9-11:30 Check In "Mind Over Mood" or "Acts of Kindness through Art" 9-12 Gym, Swim & Rock Climbing 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 2:30-3:30 Healthy Cooking 2:30-4:30 Trivia & Games</p>	<p>25 9-11 Gift In Kind 9-11 Recovery Meeting 9-11:30 Friendship Friday or Sewing 9-11:30 Women's Group 9-11:30 Men's Group 9-11:30 Circuit Training 12:30-2:30 Film Discovery 12:30-2:30 Games & Open Art 2:30-4:30 Karaoke Social</p>	<p>26 Weekend Connections Dia De Los Muertos Limit 24 *Sign Up At Front Desk (Off-site Outing) 7:30am -2:30pm</p> 





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>28</p> <p>8-1 Volunteering Food Box Distribution 9-11:30 Adventure Time or AM Karaoke Social 9-11:30 Holistic Healing 9-11:30 Morning Workout! 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>29</p> <p>9-11:30 LGBTQ Support Group 9-11:30 Art Basics 9-1 Volunteering St. Vincent De Paul *9-3 HYL Workshop 9-5 Rumsey Park Disc Golf & Kickball BBQ Limit 24 10-11:30 Yoga & Meditation 12:30-2:30 Spiritual Emergence 12:30-2:30 Social Games 2:30-4:30 Dancing & Active Games</p>	<p>30</p> <p>REN Costume Party!</p> <p>7:30AM-3:30PM</p> 	<p>31</p> <p>9-11:30 Check In "Mind Over Mood" or "Acts of Kindness through Art" 9-12 Gym, Swim & Rock Climbing 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 2:30-3:30 Healthy Cooking 2:30-4:30 Trivia & Games</p>		

today is your day

never let a STUMBLE IN THE ROAD BE THE END OF THE journey

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

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

- ⇒ 10/5 Astronomical Writing Day
- ⇒ 10/9 State Capitol Museum
- ⇒ 10/9 Diversity Celebration
- ⇒ 10/9 Member Meeting
- ⇒ 10/10 Candle Light Celebration
- ⇒ 10/16 CLOSED For Staff Meeting
- ⇒ 10/19 NAMI Walk
- ⇒ 10/23 Flagstaff Picnic
- ⇒ 10/26 Dia De Los Muertos
- ⇒ 10/26 Payson Kickball BBQ
- ⇒ 10/30 Costume Party!

#RENROCKS!