

# REN CALENDAR - JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>REN January Theme</b></p> <p><b>Connections – Being Authentic &amp; Transparent</b></p>		<p>1</p> <p><b>REN Closed For New Years!</b></p> <p><i>Remember to cancel your rides!</i></p>	<p>2</p> <p>9-1 Volunteering St. Vincent De Paul (Limit 16)            9-11:30 Bingo &amp; Karaoke            9-11:30 Mind Over Mood            9-11:30 Chair Aerobics            12:30-2:30 Grief &amp; Loss            12:30-2:30 Healthy Cooking &amp; Tips (REC)            12:30-3 Computer Lab            2:30-4:30 TED Talk</p>	<p>3</p> <p>9-11:30 Women's Group  <b>9-11:30 Men's Group</b>            9-11:30 Friendship Friday  <b>9-11:30 Circuit Training</b>  <b>9-11:30 Gift in Kind (Limit 3)</b>            12:30-2:30 Film Discovery &amp; Recycle Art  <b>12:30-3 Barber College (Limit 8)</b>  <b>12:30-3 Mall Walk (Limit 8)</b>            2:30-4:30 Karaoke Social</p>	<p>4</p> <p>Weekend Connections</p> <p>Trivia &amp; Group Connections</p> <p>7:30am -2:30pm</p>
		<p>6</p> <p>9-11:30 Fitness Fun!            9-11:30 Karaoke &amp; Social Games  <b>9-11:30 Laundry 4 Love</b>            9-11:30 Anger Management</p> <p>12:30-3 Food Bank  <b>12:30-2:30 Gym Ability 360 (Limit 16)</b>            12:30-2:30 Beading &amp; Art Social            12:30-3 Computer Lab            2:30-4:30 Trivia &amp; Games</p>	<p>7</p> <p>9-11:30 HYL Orientation  <b>9-11:30 Batting Cages (Limit 16)</b>            9-11:30 Creative Writing Part 1            9-11:30 LGBTQ+  <b>9-1 Volunteering Sunny Slope (16)</b></p> <p>12:30-2:30 Bowling (Limit 16)  <b>12:30-2:30 Circles of Survivors</b>            12:30-2:30 Active Games            12:30-3 Computer Lab            2:30-4:30 Music Appreciation</p>	<p>8</p> <p>9-11:30 Gym Ability 360 (limit 16)  <b>9-11:30 Mind, Body, Soul Yoga</b>            9-11:1130 Creative Writing Part 2</p> <p>12:30-3 Member Meeting &amp; Games Tournament            3-4:30 Acting &amp; Games</p>	<p>9</p> <p>9-1 Volunteering CASS (Limit 16)            9-11:30 BINGO &amp; Karaoke            9-11:30 Mind Over Mood  <b>9-11:30 Chair Aerobics &amp; Open Gym</b></p> <p>12:30-2:30 Grief &amp; Loss            12:30-2:30 Healthy Cooking &amp; Tips (REC)            12:30-3 Computer Lab            2:30-4:30 Documentary &amp; Discussion</p>
<p>13</p> <p>8:30-11:30 Harvest For Compassion (Limit 8)  <b>9-11:30 Fitness Fun!</b>            9-11:30 Karaoke &amp; Social Games            9-11:30 Anger Management</p> <p>12:30-2:30 Gym Ability 360 (Limit 16)            12:30-2:30 Beading &amp; Art Social            12:30-3 Computer Lab            2:30-4:30 Trivia &amp; Games</p>	<p>14</p> <p>9-11:30 Phoenix Mountain Adventures (Limit 16)            9-11:30 Creative Writing Part 1            9-11:30 LGBTQ+  <b>9-1 Volunteering Sunny Slope (Limit 16)</b></p> <p>12:30-2:30 Active Games            12:30-3 Computer Lab            2:30-4:30 Music Appreciation</p>	<p>15</p> <p><b>All Staff Training</b></p> <p><b>REN Closed</b></p> <p><i>Remember to cancel your rides!</i></p>	<p>16</p> <p>9-4 Tucson Trip            9-11:30 BINGO &amp; Karaoke            9-11:30 Mind Over Mood  <b>9-11:30 Chair Aerobics &amp; Open Gym</b></p> <p>12:30-2:30 Grief &amp; Loss            12:30-2:30 Healthy Cooking &amp; Tips (REC)            12:30-3 Computer Lab            2:30-4:30 Poetry &amp; Art</p>	<p>17</p> <p>9-11:30 Women's Group            9-11:30 Men's Group  <b>9-11:30 Circuit Training</b>  <b>9-11:30 Gift in Kind (Limit 3)</b>            9-11:30 Friendship Friday  <b>9-11:30 Community NA Meeting (Limit 8)</b></p> <p>12:30-2:30 Film Discovery  <b>12:30-3 Barber College (Limit 8)</b>            12:30-3 Computer Lab            2:30-4:30 Karaoke Social</p>	<p>18</p> <p>Weekend Connections</p> <p>Who's Winnie the Pooh</p> <p>7:30am -2:30pm</p>
<p>20</p> <p><b>REN Closed For The Holiday</b></p> <p><i>Remember to cancel your rides!</i></p>	<p>21</p> <p>9-11:30 Phoenix Mountain Adventures (Limit 16)            9-11:30 Creative Writing Part 1            9-11:30 LGBTQ+  <b>9-1 Volunteering Sunny Slope (Limit 16)</b>  <b>11-3 Pollack Cinema (16)</b>  <b>12:30-2:30 Circles of Survivors</b>            12:30-2:30 Active Games            12:30-3 Computer Lab            2:30-4:30 Music Appreciation</p>	<p>22</p> <p>9-1:30 Robinson Ranch  <b>9-11:30 Fitness Fun &amp; Open Gym</b>  <b>9-11:30 Mind, Body, Soul Yoga</b>            9-11:1130 Creative Writing Part 2</p> <p>12:30-2:30 New Year, New You            12:30-3 Computer Lab            2:30-4:30 Acting &amp; Games</p>	<p>23</p> <p>9-1 Volunteering CASS (Limit 16)            9-11:30 BINGO &amp; Karaoke            9-11:30 Mind Over Mood  <b>9-11:30 Chair Aerobics &amp; Open Gym</b></p> <p>12:30-2:30 Grief &amp; Loss            12:30-2:30 Healthy Cooking &amp; Tips (REC)            12:30-3 Computer Lab            2:30-4:30 Open Topic</p>	<p>24</p> <p>9-11:30 Women's Group            9-11:30 Men's Group  <b>9-11:30 Circuit Training</b>  <b>9-11:30 Gift in Kind (Limit 3)</b>            9-11:30 Friendship Friday  <b>9-11:30 Community NA Meeting (Limit 8)</b>            12:30-2:30 Film Discovery  <b>12:30-3 Batting Cages (Limit 16)</b>            12:30-3 Computer Lab            2:30-4:30 Karaoke Social</p>	<p>25</p> <p>Weekend Connections</p> <p>5th Annual Doggie Street Festival in PHX Offsite 10-2</p> <p>Limit 24 Sign up @ Front Desk</p> <p>7:30am -2:30pm</p>

# REN CALENDAR – JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>27</b></p> <p>9:30 -1 Waste Management</p> <p><b>8:30-11:30 Harvest For Compassion (Limit 8)</b></p> <p>9-11:30 Fitness Fun!</p> <p>9-11:30 Karaoke &amp; Social Games</p> <p>9-11:30 Anger Management</p> <p><b>12:30-2:30 Gym Ability 360 (Limit 16)</b></p> <p>12:30-2:30 Beading &amp; Art Social</p> <p>12:30-3 Computer Lab</p> <p>2:30-4:30 Trivia &amp; Games</p>	<p><b>28</b></p> <p>9-11:30 Phoenix Mountain Adventures (Limit16)</p> <p>9-11:30 Creative Writing Part 1</p> <p>9-11:30 LGBTQ+</p> <p><b>9-1 Volunteering Sunny Slope (Limit16)</b></p> <p><b>11-3 Pollack Cinema (16)</b></p> <p>12:30-2:30 Circles of Survivors</p> <p>12:30-2:30 Active Games</p> <p>12:30-2:30 New Year, New You</p> <p>12:30-3 Computer Lab</p> <p>2:30-4:30 Music Appreciation</p>	<p><b>29</b></p> <p>9-11:30 Ability 360 (Limit 16)</p> <p>9-11:30 Mind, Body, Soul Yoga</p> <p>9-11:1130 Creative Writing Part 2</p> <p>9-1:30 Volunteers Group Celebration</p> <p>12:30-2:30 TED Talk</p> <p>12:30-2:30 New Year, New You</p> <p>12:30-3 Computer Lab</p> <p>2:30-4:30 Acting &amp; Games</p>	<p><b>30</b></p> <p>9-1 Volunteering CASS (Limit16)</p> <p>9-11:30 BINGO &amp; Karaoke</p> <p>9-11:30 Mind Over Mood</p> <p>9-11:30 Chair Aerobics &amp; Open Gym</p> <p><b>12:30-2:30 Grief &amp; Loss</b></p> <p>12:30-2:30 Healthy Cooking &amp; Tips (REC)</p> <p>12:30-3 Computer Lab</p> <p>2:30-4:30 Poetry &amp; Art</p>	<p><b>31</b></p> <p><b>9-4 Flagstaff Trip</b></p> <p>9-11:30 Women's Group</p> <p>9-11:30 Men's Group</p> <p><b>9-11:30 Circuit Training</b></p> <p>9-11:30 Friendship Friday</p> <p>12:30-2:30 Film Discovery</p> <p>12:30-3 Computer Lab</p> <p>2:30-4:30 Karaoke Social</p>	<p><b>1</b></p> <p>Weekend Connections</p> <p>7:30am -2:30pm</p>

## FOUR TASKS OF PEER SUPPORT

Connections is the energy that exists between people when they feel seen, heard, and valued; When we can give and receive without judgment in the relationship.

### 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



For any questions regarding offsite activities, or wish to cancel by phone, please contact the Community Outreach Team at 602-248-0368. Leave your name, number & outing. Activities require 48-Hour Notice.

All activities have limited spaces available.

Heal Your Life Classes Tuesday—Thursday.

Personal Training available by Appointment Please see Greg & Jabbar.

Ready to work?  
See our Supported Employment Team

### Calendar Highlights

- ⇒ 1/7 Batting Cages
- ⇒ 1/7 Bowling
- ⇒ 1/8 Member Meeting
- ⇒ 1/15 CLOSED For Staff Meeting
- ⇒ 1/16 Tucson Trip
- ⇒ 1/20 CLOSED For MLK Day
- ⇒ 1/21 Pollack Cinema
- ⇒ 1/24 Batting Cages
- ⇒ 1/31 Flagstaff Day

**#RENROCKS!**