



REN Wickenburg Calendar - February 2020

REN Wickenburg meets at 232 N Tegner St. Wickenburg, AZ 85390 (St. Anthony's)

Call Crystal **602.390.1926** for more information

*Groups/ Activities subject to change due to unforeseen circumstances.



Monday	Tuesday	Wednesday	Thursday	Friday
3 9-12 Self-Care 12-1 Meditation (OFFSITE) 1-3 1:1s	4 1:1'S BY APPOINTMENT	5 9-1 Member Meeting 1-3 1:1s 	6 1:1's BY APPOINTMENT 10:30-1 Saguaro Jane's Outing (OFFSITE/ Lim 3)	7 WICKENBURG CENTER CLOSED
10 9-12 Self Care 12-1 Meditation (OFFSITE) 1-3 1:1s	11 WICKENBURG CENTER CLOSED TBD	12 9-11 Outing to the Store for cooking class items (OFFSITE) 11-1 Healthy Cooking Class 1-3 1:1s	13 1:1's BY APPOINTMENT 10:30-1 Saguaro Jane's Outing (OFFSITE/ Lim 3)	14 9-1 Gold rush: Car show/ Rodeo Lim 5 / Lunch is provided (OFFSITE) *wear closed toed shoes
17 REN CLOSED In Observance of President's Day 	18 WICKENBURG CENTER CLOSED	19 REN CLOSED DUE TO STAFF TRAINING	20 1:1's BY APPOINTMENT 10:30-1 Saguaro Jane's Outing (OFFSITE/ Lim 3)	21 9-1 Diabetes and Nutrition Awareness 1-3 1:1's
24 9-12 Self Care 12-1 Meditation (OFFSITE) 1-3 1:1s	25 1:1'S BY APPOINTMENT	26 9-11 Soroptomist Outing/ Budgeting (OFFSITE) 11-1 Self Esteem	27 1:1's BY APPOINTMENT 10:30-1 Saguaro Jane's Outing (OFFSITE/ Lim 3)	28 9-1 Diabetes and Nutrition Awareness 1-3 1:1's

Groups/ Classes/ Outings offered at REN Wickenburg

Advocacy: Learn the seven advocacy skills to better communicate with others and take an active role in our journey.

Assertiveness and Boundaries: Discover techniques in setting boundaries, discovering the art of compassionate communication and skills for enhancing relationships with others.

Budgeting: Learn tips and techniques and share ideas that may improve our financial dimensions of wellness.

Budgeting on a Dime: This monthly interactive activity allows us to put our budgeting skills into practice while enjoying a meal with peers and celebrating monthly accomplishments.

Diabetes and Nutrition Awareness: Learn and discover ways of implementing changes on creating a healthier lifestyle and improving our overall health and wellness.

Meditation: Join us for an offsite guided group meditation led by a skilled facilitator trained in Reiki healing.

Movie Outing: Join us for an outing to the movies and enjoy a show. Bring extra money for a snack and drink, if you would like.

Open Topic: No materials needed for this one, share what's on your mind in a environment that offers safety and belonging.

Saguaro Jane's : This outing is for members in the Wittmann and Wickenburg area. Join us in receiving an abundance of fresh produce, grains and meals from this wonderful resource in Wittmann. *Limit 3, see Crystal for sign up, zip code eligible.

Self Esteem/Self Care: Explore techniques that may improve self esteem and increase overall wellness and explore the importance of having a self care routine.

One on One Support: Staff is available before and after groups for support in moving towards your individual goals.