

SEPTEMBER 2025 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 REN CLOSED  <i>Please Remember to Cancel Your Rides!</i>	2 AM Groups 9-11:30 RENewal Spa Chair Aerobics Craft Nation St Vincent Volunteer RENovation Station HERO MindMasters PM Groups 12:30-3 Journey to GED Anger Management MindMasters Circle of Support RENewal Spa	3 REN Closed for All Staff  <i>Please Remember to Cancel Your Rides!</i>	4 AM Groups 9-11:30 MindMasters Circuit Training RENewal Spa Power of Positivity RENovation Station Arts & Sciences Collective PM Groups 12:30-3 Let It Roll Bowling Fun in Recovery MindMasters RENewal Spa REN@Nite 3-7:30p REN will be open late for extra activities and a great dinner!	5 AM Group 9-11:30 Ability 360 Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday MindMasters Bingo RENewal Spa PM Groups 12:30-3 RENewal Spa Good Vibes Music Time MindMasters	6 Saturday Services 7:30AM-2:30PM September Pool Party (Off-Site Activity) Activity Info: <i>Kick it at this private pool for REN members to soak up the sun!</i>  <i>*Activity subject to change</i>
8 AM Groups 9-11:30 Muscle Mondays RENewal Spa Creative Writing/Gratitude Monday MindMasters Journey to GED REN Newsletter Arts & Sciences Collective PM Groups 12:30-3 REN On The Move Wellness & Wholeness MindMasters RENewal Spa	9 AM Groups 9-11:30 RENewal Spa Chair Aerobics Craft Nation/HERO St Vincent Volunteer RENovation Station MindMasters PM Groups 12:30-3 Journey to GED Anger Management MindMasters Circle of Support RENewal Spa	10 AM Groups 9-11:30 Journey to GED Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World MindMasters HERO RENewal Spa PM Groups 12:30-3 Wal-Mart Run Mental Health Music MindMasters RENewal Spa	11 AM Groups 9-11:30 BIG CAMP  AREA 212 REN EVENT!  NO EVENING SERVICES	12 AM Group 9-11:30 BIG CAMP  AREA 212 REN EVENT! 	13 REN CLOSED  <i>Please Remember to Cancel Your Rides!</i>
15 AM Groups 9-11:30 RENewal Spa Muscle Mondays MindMasters Journey to GED Gratitude Monday Laundry 4 Love Creative Writing Arts & Sciences Collective PM Groups 12:30-3 RENewal Spa Wellness & Wholeness MindMasters REN On The Move	16 AM Groups 9-11:30 RENewal Spa Chair Aerobics Craft Nation St Vincent Volunteer RENovation Station HERO MindMasters PM Groups 12:30-3 Journey to GED Anger Management MindMasters Circle of Support RENewal Spa	17 AM Groups 9-11:30 Journey to GED Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World MindMasters HERO RENewal Spa PM Groups 12:30-3 Wal-Mart Run Mental Health Music MindMasters RENewal Spa	18 AM Groups 9-11:30 MindMasters Circuit Training RENewal Spa Power of Positivity Arts & Sciences Collective RENovation Station Recovery Reelz PM Groups 12:30-3 Let It Roll Bowling Fun in Recovery MindMasters RENewal Spa REN@Nite 3-7:30p REN will be open late for extra activities and a great dinner!	19 AM Group 9-11:30 Ability 360 Tea Time LGBTQ+ Stardust Volunteer Fun Fact Friday MindMasters Bingo RENewal Spa Recovery Reelz PM Groups 12:30-3 RENewal Spa Good Vibes Music Time MindMasters 	20 Saturday Services 7:30AM-2:30PM REN Escape Rooms (On-Site Activity) Activity Info: <i>Find different ways to escape from rooms at REN.</i>  <i>*Activity subject to change</i>
22 AM Groups 9-11:30 RENewal Spa Muscle Mondays Recovery Reelz Journey to GED Gratitude Monday MindMasters Creative Writing Arts & Sciences Collective REN Newsletter PM Groups 12:30-3 REN on the Move RENewal Spa Wellness & Wholeness	23 AM Groups 9-11:30 RENewal Spa Chair Aerobics Recovery Reelz Craft Nation St Vincent Volunteer HERO MindMasters RENovation Station RST Orientation PM Groups 12:30-3 Journey to GED Anger Management MindMasters Circle of Support RENewal Spa	24 AM Groups 9-11:30 Journey to GED Weight Lift Wed Solutions on Sobriety Heidi's Village Animal Shelter Volunteer Awesome World MindMasters HERO RENewal Spa PM Groups 12:30-3 Wal-Mart Run Woman's Group MindMasters Men's Group RENewal Spa	25 AM Groups 9-11:30 Recovery Reelz Circuit Training Arts & Sciences Collective Power of Positivity MindMasters RENovation Station RENewal Spa PM Groups 12:30-3 Let It Roll Bowling Fun in Recovery MindMasters RENewal Spa REN@Nite 3-7:30p REN will be open late for	26 REN Monthly Event & Annual Member Meeting  Come Tell Us How We Can Make REN Better!	27 Saturday Services 7:30AM-2:30PM Mesa Arts Center (Off-Site Activity) Activity Info: <i>Explore Art, Culture, and Expression in Mesa at this amazing museum!</i>  <i>*Activity subject to change</i>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 AM Groups 9-11:30 Recovery Reelz Journey to GED Laundry 4 Love Muscle Mondays MindMasters RST Gratitude Monday Arts & Sciences Collective Creative Writing RENEWAL Spa PM Groups 12:30-3 REN On The Move Wellness & Wholeness MindMasters RENEWAL Spa	30 AM Groups 9-11:30 RENEWAL Spa Chair Aerobics RST Craft Nation St Vincent Volunteer RENOVATION Station Recovery Reelz HERO MindMasters PM Groups 12:30-3 Journey to GED Anger Management MindMasters Circle of Support RENEWAL Spa	 <p>“Life starts all over again when it gets crisp in the fall.” -F. Scott Fitzgerald</p>			



SEPTEMBER MONTHLY AWARENESS EVENTS

- National Suicide Prevention & Awareness Month
- 6th National Read A Book Day
- 19th International Talk Like
- 21st International Day of Peace
- 24th Thank Your Hidden Heroes Day
- 29th World Heart Day

Understanding the Calendar

- GREEN** requires sign up
- BLUE** gym
- Calendar Subject to Change**
- PURPLE** RENOVATION Station Computers
- Open Lab: Mon. - Fri. 7:30AM - 9AM**
- Limited Staff Assistance**

REN Hours

Monday - Friday 7:30am – 3:00pm*
 Saturday 7:30am-2:30pm*
 *Unless otherwise noted

Meals Served Daily

Breakfast 7:30am – 9:00am
 Lunch 11:45am – 12:45pm
 Transportation starts @ 3pm

All offsite activities have limited spaces available and require registration. Confirmation calls will be made to confirm your registration & attendance.
 REN Phone # 602-248-0368

RECOVERY
 Empowerment
NETWORK

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
 212 E. Osborn Rd.
 Phoenix AZ 85012

Calendar Highlights

- ⇒ **Let It Roll Bowling** every **Thursday 12:30 - 3pm**
- ⇒ **REN On The Move** every **Monday 12:30 - 3:30pm**
- ⇒ **Ability 360** every **Friday 9 - 11:30am**
- ⇒ **Wal-Mart Run** every **Wednesday 12:30pm - 3pm**
- ⇒ **9/01 REN Closed for Labor Day**
- ⇒ **9/03 REN Closed for All Staff**
- ⇒ **9/06 September Pool Party**
- ⇒ **9/11 - 9/14 BIG CAMP!**
- ⇒ **9/11 - 9/12 Area 212 REN Event**
- ⇒ **9/13 REN Closed**
- ⇒ **9/15 Laundry 4 Love**
- ⇒ **9/18 Recovery Reelz Begins**
- ⇒ **9/20 REN Escape Room**
- ⇒ **9/23 RST Orientation**
- ⇒ **9/26 REN Annual Event & Member Meeting**
- ⇒ **9/27 Mesa Arts Center**
- ⇒ **9/29 RST Begins**