

HERO Discovery Center

212 E Osborn Rd.
Phoenix AZ 85012
(602) 248-0368

Staff:
Steven Saucedo
(Supervisor)
602-214-9231

Hours of Operation:

Mon & Thurs 11:30am - 3pm
Tues & Wed 9am-11:30am

Breakfast from 7:30am-9:00am
Lunch from 11:30am-12:30pm
***ALL Outings are bold on the calendar. Community Events are in Italics.** Keep a look out for these events.



Calendar is subject to change.

Register for events at:
RENAZ.ORG/EVENTS

HERO August Calendar

| MON. | TUE. | WED. | THU. | FRI. | SAT. |
|---|--|--|---|--|--|
|  | | | | | |
| 4 <i>REN On The Move</i> 11:30-3pm  | 5 Healthy Smoothies 9-11:30am  | 6 <u>CLOSED FOR ALL STAFF</u>  | 7 <i>Bowlero</i> 11:30-3pm  | 8 REN Closed  | 9 REN Closed  |
| 11 <i>REN ON The Move</i> 11:30-3pm  | 12 Interactive Game Day! 9-11:30am  | 13 Diamond Art 9-11:30am  | 14 <i>Bowlero</i> 11:30-3pm  | 15 | 16 |
| 18 <i>REN On The Move</i> 11:30-3pm  | 19 Boundaries w/ Friendships 9-11:30am  | 20 Cooking Skills 9-11:30am  | 21 <i>Bowlero</i> 11:30-3pm  | 22 <u>A RECOVERY PROM</u>  | 23 |
| 25 <i>REN On The move</i> 11:30-3pm  | 26 Laugh factory 9-11:30am  | 27 Expression through Art 9-11:30 am  | 28 <i>Bowlero</i> 11:30-3pm  | 29  | |

1:1 Time Available - This is an opportunity to have some time with the program manager to openly discuss what's going on.

8 Dimensions of Wellness— We get to discuss any of the eight dimensions of wellness and how we can relate it to our overall mental health.

Art - This is a time to creatively express yourself through the planned art activity. Revisiting mosaic since

Boundaries - Everyone's boundaries are different. Let's improve how close we get to one another's.

Bowling— We are headed to Let it Roll Bowl for some healthy competition and fun with friends.

Smoothies— Come join HERO as we cool down this summer with some nice refreshing smoothies!

Calendar— Come help HERO put together a calendar of your dreams.

Cooking Skills- Come learn how to make some simple dishes in our kitchen

Community Fitness— Join Ren staff to meet with peers to go out for volleyball or other sports and get in some exercise.

Games - Play your favorite board and card games at the HERO Center.

Laugh Factory - Watch some funny videos with HERO to pick up your spirit and discuss how laughing is good for your health.

Library—Bring your books to return and as you have the opportunity to check out new ones!

Boundaries and friendships- In friendships, setting healthy boundaries helps maintain respect, trust, and balance. Let's have a discussion how important it is to practice boundaries in our day to day life.

REN On The Move— Let's have an adventure while we explore the community! Whether it's going to the library or a fun afternoon out by the pool!

Recovery Prom— Yes that's right! REN's very first prom! Come dressed as your best while we celebrate one another at this unique event with games, activities and a fabulous dance!