


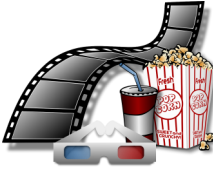


# MAY 2025 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 <b>AM Groups 9-11:30</b> <b>Circuit Training</b> Power of Positivity <b>MindMasters</b> <b>REnovation Station</b> <b>RENewal Spa</b> <b>PM Groups 12:30-3</b> <b>Let It Roll Bowling</b> Fun in Recovery <b>MindMasters</b> <b>RENewal Spa</b> <b>REN@Nite 3-7:30p</b> REN will be open late for activities and dinner!</p>	<p>2 <b>AM Group 9-11:30</b> <b>Ability 360</b> Tea Time LGBTQ+ <b>Stardust Volunteer</b> Fun Fact Friday <b>MindMasters</b> Bingo <b>RENewal Spa</b> Heal Your Life <b>PM Groups 12:30-3</b> <b>RENewal Spa</b> Good Vibes Music Time <b>MindMasters</b></p> 	<p>3 <b>Saturday Services</b> <b>7:30AM-2:30PM</b> <b>Phoenix Zoo</b> <b>(Off-Site Activity)</b> <b>Activity Info:</b>  *Activity subject to change</p>
<p>5 <b>AM Groups 9-11:30</b> <b>Muscle Mondays</b> Weekend Highlights <b>MindMasters</b> Creative Writing <b>PM Groups 12:30-3</b> <b>REN On The Move</b> Wellness &amp; Wholeness <b>MindMasters</b></p> 	<p>6 <b>AM Groups 9-11:30</b> <b>Chair Aerobics</b> Craft Nation <b>St Vincent Volunteer</b> HERO <b>MindMasters</b> <b>PM Groups 12:30-3</b> Understanding Emotions <b>MindMasters</b> Circle of Support</p> 	<p>7 <b>AM Groups 9-11:30</b> <b>Weight Lift Wed</b> Solutions on Sobriety <b>Heidi's Village Animal Shelter Volunteer</b> Awesome World <b>MindMasters</b> HERO <b>PM Groups 12:30-3</b> <b>Wal-Mart Run</b> Men's Group <b>MindMasters</b> Women's Group</p> 	<p>8 <b>AM Groups 9-11:30</b> <b>MindMasters</b> <b>Circuit Training</b> <b>RENewal Spa</b> Power of Positivity <b>Crescent Moon Sedona Trip</b> <b>PM Groups 12:30-3</b> <b>Let It Roll Bowling</b> Fun in Recovery <b>MindMasters</b> <b>RENewal Spa</b> <b>REN@Nite 3-7:30p</b> REN will be open late for extra activities and a great dinner!</p>	<p>9 <b>AM Group 9-11:30</b> <b>Ability 360</b> Tea Time LGBTQ+ <b>Stardust Volunteer</b> Fun Fact Friday <b>MindMasters</b> Bingo <b>Women's Fresh Start Wellbeing</b> <b>Dreaded Barber</b> <b>RENewal Spa</b> <b>PM Groups 12:30-3</b> <b>RENewal Spa</b> Good Vibes Music Time <b>MindMasters</b></p>	<p>10 <b>Saturday Services</b> <b>7:30AM-2:30PM</b> <b>West Valley Annual Health &amp; Wellness Expo</b> <b>(Off-Site Activity)</b> <b>Activity Info:</b> Gain insight into some of the newest methods for staying healthy in 2025.  *Activity subject to change</p>
<p>12 <b>AM Groups 9-11:30</b> <b>Muscle Mondays</b> <b>MindMasters</b> Weekend Highlights <b>Laundry 4 Love</b> Creative Writing <b>PM Groups 12:30-3</b> <b>REN On The Move</b> Wellness &amp; Wholeness <b>MindMasters</b></p> 	<p>13 <b>AM Groups 9-11:30</b> <b>Chair Aerobics</b> Craft Nation Recovery Reelz Showcase <b>St Vincent Volunteer</b> HERO <b>MindMasters</b> <b>REnovation Station</b> <b>RENewal Spa</b> <b>PM Groups 12:30-3</b> Anger Management <b>MindMasters</b> Circle of Support <b>RENewal Spa</b></p> 	<p>14 <b>REN Closed for All Staff</b>  <i>Please Remember to Cancel Your Rides!</i></p>	<p>15 <b>AM Groups 9-11:30</b> <b>RENewal Spa</b> <b>Circuit Training</b> <b>St Vincent Volunteer</b> Power of Positivity <b>MindMasters</b> <b>REnovation Station</b> <b>PM Groups 12:30-3</b> <b>Let It Roll Bowling</b> Fun in Recovery <b>MindMasters</b> <b>RENewal Spa</b> <b>REN@Nite 3-7:30p</b> REN will be open late for activities and dinner!</p>	<p>16 <b>AM Group 9-11:30</b> <b>Ability 360</b> Tea Time LGBTQ+ <b>Stardust Volunteer</b> Fun Fact Friday <b>MindMasters</b> Bingo <b>RENewal Spa</b> <b>Gentry Camp Open Sky</b> <b>PM Groups 12:30-3</b> <b>RENewal Spa</b> Good Vibes Music Time <b>MindMasters</b></p> 	<p>17 <b>Saturday Services</b> <b>7:30AM-2:30PM</b> <b>Ability 360 Gym &amp; Swim</b> <b>(Off-Site Activity)</b> <b>Activity Info:</b> Enjoy this day of fitness and exercise at the local gym.  *Activity subject to change</p>
<p>19 <b>AM Groups 9-11:30</b> <b>Muscle Mondays</b> Heal Your Life Graduation <b>MindMasters</b> Weekend Highlights Creative Writing <b>PM Groups 12:30-3</b> <b>REN On The Move</b> Wellness &amp; Wholeness <b>MindMasters</b> <b>RENewal Spa</b></p>	<p>20 <b>AM Groups 9-11:30</b> <b>RENewal Spa</b> <b>Chair Aerobics</b> MS Craft Nation <b>St Vincent Volunteer</b> HERO <b>MindMasters</b> <b>REnovation Station</b> <b>PM Groups 12:30-3</b> Anger Management <b>MindMasters</b> Circle of Support <b>RENewal Spa</b></p>	<p>21 <b>Mental Health Matters Monthly Event!</b>  <b>ALL DAY EVENT!</b></p>	<p>22 <b>AM Groups 9-11:30</b> <b>Circuit Training</b> <b>Woods Canyon Lake Payson</b> Power of Positivity <b>MindMasters</b> <b>REnovation Station</b> <b>PM Groups 12:30-3</b> <b>Let It Roll Bowling</b> Fun in Recovery <b>MindMasters</b> <b>REN@Nite 3-7:30p</b> REN will be open late for activities and dinner!</p>	<p>23 <b>AM Group 9-11:30</b> <b>Ability 360</b> Tea Time LGBTQ+ <b>Stardust Volunteer</b> Fun Fact Friday <b>MindMasters</b> Bingo <b>Dreaded Barber</b> <b>RENewal Spa</b> <b>PM Groups 12:30-3</b> <b>MindMasters</b> Good Vibes Music Time <b>RENewal Spa</b></p>	<p>24 <b>REN CLOSED IN OBSERVATION OF MEMORIAL DAY</b>  <i>Please Remember to Cancel Your Rides!</i></p>

# MAY 2025 REN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>26</b> <b>CLOSED IN</b> <b>OBSERVATION</b> <b>OF MEMORIAL</b> <b>DAY</b>  <p>Please Remember to Cancel Your Rides!</p>	<b>27</b> <b>AM Groups 9-11:30</b> <b>RENewal Spa</b> <b>Chair Aerobics</b> <b>HERO</b> <b>St Vincent Volunteer</b> <b>Craft Nation</b> <b>MindMasters</b> <b>RENovation Station</b> <b>PM Groups 12:30-3</b> <b>Anger Management</b> <b>MindMasters</b> <b>Circle of Support</b> <b>RENewal Spa</b> 	<b>28</b> <b>AM Groups 9-11:30</b> <b>Weight Lift Wed</b> <b>Solutions on Sobriety</b> <b>Heidi's Village Animal</b> <b>Shelter Volunteer</b> <b>Awesome World</b> <b>MindMasters</b> <b>HERO</b> <b>RENewal Spa</b> <b>PM Groups 12:30-3</b> <b>RENewal Spa</b> <b>Women's Group</b> <b>Wal-Mart Run</b> <b>Men's Group</b> <b>MindMasters</b>	<b>29</b> <b>AM Groups 9-11:30</b> <b>Circuit Training</b> <b>Power of Positivity</b> <b>MindMasters</b> <b>RENovation Station</b> <b>RENewal Spa</b> <b>PM Groups 12:30-3</b> <b>Let It Roll Bowling</b> <b>Fun in Recovery</b> <b>MindMasters</b> <b>RENewal Spa</b> <b>REN@Nite 3-7:30p</b> <b>REN will be open late</b> <b>for extra activities and a</b> <b>great dinner!</b>	<b>30</b> <b>AM Group 9-11:30</b> <b>Ability 360</b> <b>Tea Time LGBTQ+</b> <b>Stardust Volunteer</b> <b>Fun Fact Friday</b> <b>MindMasters</b> <b>Bingo</b> <b>PM Groups 12:30-3</b> <b>Good Vibes Music Time</b> <b>MindMasters</b> 	<b>31</b> <b>Saturday Services</b> <b>7:30AM-2:30PM</b> <b>Movies with REN</b> <b>(On-Site Activity)</b> <b>Activity Info:</b> <i>Movies are always fun!</i> <i>Movies with REN are the</i> <i>most fun!</i>  <p>*Activity subject to change</p>



## MAY MONTHLY AWARENESS EVENTS

- Mental Health Awareness Month
- 4th Star Wars Day
- 5th Cinco De Mayo Day
- 11th Mother's Day
- 16th Barbecue Day
- 27th Sunscreen 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](http://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 - 7:30pm**
- ⇒ **Ability 360** every **Friday 9 - 11:30am**
- ⇒ **Wal-Mart Run** every  
**Wednesday 12:30pm - 3pm**
- ⇒ **5/03 Phoenix Zoo**
- ⇒ **5/08 Crescent Moon Sedona Trip**
- ⇒ **5/09 Dreaded Barber Haircuts**
- ⇒ **5/09 Women's Fresh Start Wellbeing**
- ⇒ **5/10 West Valley Annual Health & Wellness Expo**
- ⇒ **5/12 Laundry 4 Love**
- ⇒ **5/13 Recovery Reelz Showcase**
- ⇒ **5/14 REN Closed for All Staff**
- ⇒ **5/16-5/18 Open Sky Gentry Camp**
- ⇒ **5/17 Ability 360 Gym & Swim**
- ⇒ **5/19 Heal Your Life Graduation**
- ⇒ **5/20 Member Select Art Craft Nation**
- ⇒ **5/21 Mental Health Matters Monthly Event**
- ⇒ **5/22 Woods Canyon Lake Payson Outing**
- ⇒ **5/23 Dreaded Barber**
- ⇒ **5/24-5/26 REN Closed for Memorial Day**
- ⇒ **5/31 Movies with REN**