

# REN Recovery In Action Activities Calendar



Members may sign up for REN Activities with the Health & Wellness Department by circling the dates of the outings they wish to attend and turning a calendar into a REN Staff Member. RIA Activities requires a 24-hour notice for Members who choose not to turn in a calendar. Call to sign up at (602) 248-0368 at extension #2050. Leave your name, phone number, and the outing(s) you wish to attend on the voice mail. Some events may have an attendance cap and will be filled on a first come, first serve basis.

Signing up for activities does not guarantee transportation to the REN Main Campus from your clinic. If you need to be picked up from your clinic to attend the event, contact the Transportation Hotline at (602) 842-3310 and follow the instructions in the greeting.

Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Recovery Empowerment Network  
212 E. Osborn Road  
Phoenix, AZ 85012  
(602) 248-03678  
www.renaz.org

# October 2015

Mon	Tue	Wed	Thu	Fri	Sat
			<sup>1</sup> Fall cooking 10-11	<sup>2</sup> Gym 12-3 Lunch at 212	<sup>3</sup> Amitabha Stupa Sedona, AZ 9:30-5:00
<sup>5</sup> Gym 12-3 Lunch at 212	<sup>6</sup> Mall walk 10-11:30	<sup>7</sup> Strong bodies 10-11	<sup>8</sup> Ping Pong 12-2	<sup>9</sup> 2nd Friday Mesa art walk 5-9	<sup>10</sup> Women's Expo 10-5
<sup>12</sup> Gym 12-3 Lunch at 212	<sup>13</sup> Halloween Costume Shopping @Goodwill 12:30-3:00	<sup>14</sup> Center closed All staff	<sup>15</sup> AZ State Fair 11-4 Limit 50	<sup>16</sup> Gym 12-3 Lunch at 212	<sup>17</sup> NAMI WALK 8-1
<sup>19</sup> Gym 12-3 Lunch at 212	<sup>20</sup> Fitness hike Dreamy draw Park 9-11	<sup>21</sup> Strong bodies 10-11	<sup>22</sup> Candle Light Visual 5-9	<sup>23</sup> Recovery in The sun BBQ Encanto park 10-3	<sup>24</sup> <b>Center Open</b>
<sup>26</sup> Gym 12-3 Lunch at 212	<sup>27</sup> Holiday Baking 10-11	<sup>28</sup> Strong bodies 10-11	<sup>29</sup> Victory Lanes Batting cage 10-2	<sup>30</sup> Fall Extrava- ganza 4-8 Members must RSVP by 10/23	<sup>31</sup> Center open



**Amitabha Stupa**– Come join us in beautiful Sedona Arizona to learn about Asian culture. This activity is outdoor, dress accordingly.

**Mall walk**- Escape the heat by joining us for a mall walk at a local mall..

**Fall Cooking** - The season is changing..!! Join in making soups and other hot meals.

**Gym& Swim** –visit the Virginia piper fitness center and utilize gym equipment and swimming pool.

**Women’s Expo**– The nations largest women's Expo, combining the very best in shopping, speakers, makeovers and rejuvenation.

**2 Friday**– Join your peers on a Halloween themed art walk in Mesa Arizona. This activity is outdoor, dress accordingly.

**AZ state fair**– Join us at the Arizona state fair for a exiting adventure.

**Candle light visual** - Join REN and MHAC for a Candle light visual at ASU downtown PHX.

**Fall Extravaganza** - Join your peers in a social gathering and enjoy great food and activities.

**Victory lanes** - Join us on this physical activity to the batting cage. This activity is outdoor, dress accordingly.

**Recovery In The Sun BBQ** - Join us in this social activity at Encanto park. Enjoy great food and tons of fun. This activity is outdoor, dress accordingly.

**Strong bodies** - Join us in a low impact exercise class.