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Return Address

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John Michael Garofalo  
6161 E Pima Street  
Tucson, AZ 85712

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Appointments

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Banner Medical:

Dr. Coull  
MRI - Thursday, November 2nd, 2025  
02/02/2025 at 6:30 AM

3838 N Campbell Ave  
Building #2  
2nd Floor East Door Letter

Pima Heart:

Dr. Makki  
Heart Check-Up  
12/12/2025 at 10:30 AM

4729 E Camp Lowell Dr, Tucson, AZ 85712  
(520) 321-4800

Red Cross:

Power Red Donation - Oct 29, 2025 at 12:00 PM  
University of Arizona Campus Store  
1400 E 6th St,  
Tucson, AZ 85721

University of Arizona:

Adult First Aid/CPR/AED Certification  
Monday, October 27th 6:00 PM - 8:00 PM  
Aquatic Conference Room ( \$95.00 Non-Member )  
10/19/2025

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Snail Mail Items

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## On-Site Items

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Amazon Orders ( Whole Foods Market )

USPS ( 6th Street / Pennington )

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## Priority Focus

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Sobriety - AA / NA Meetings

New Job ( Retail, Tutor, Engineering )

Change of Address

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## Daily Focus

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Meet % DV Nutritional / Caloric / Supplemental Values

Sobriety ( People, Places, Things )

Gym

Job Search ( Online / In-Person )

Medication as Directed ( Trazadone / Vitamin / Ibuprofen / Magnesium Oxide / Melatonin )

Saving Money

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## Weekly Focus

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Alcoholics Anonymous ( Alano / Himmel )

Church ( Tucson Baptist Church )

Gym

Hygiene

Laundry ( Wash \$1.75 / Dry \$1.75 )

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## Monthly Focus

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Medications

( Wal-Mart )

Volunteering

( Thrift / Humane Society /

Reid Park / Church )

Sponsorship / Sponsor

Chair AA Meetings / Speaker

( Eastside / Pima / North

Alano )

Driver's License

DUI Classes / Risk Assessment

Traditional / Non-Traditional Support Letters ( AA / Reference Development )

Credit Building / Saving Money

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## Job Search, Current / Active

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## Shopping List

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## Recurring Bills

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Vasa Bill

( \$24.99 / Month )

Phone Bill

( \$1.00 / Month )

Microsoft Bill

( \$9.99 / Month )

Laundry

( \$10.00 / Bi-Weekly )

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## Daily Schedule

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Gym

( Vasa Fitness )

Meetings

( AA / NA - Online / In-Person)

Job Search ( Indeed / Company Site / In-Person )

Research & Development ( Codes / Problem Sets / Abstracts / Textbook )

Leisure:

Internet / Writing / Coding / Budgeting / Problem Solving

JG + DM / Whole Foods Market / Thrift Store / Hiking / Camping

Confinement / Isolation

Rest / Meditation / Preparation

Situation Planning