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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 ( 6460 E Grant Rd, Tucson, AZ 85715 )

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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 ( Online / In-Person )

Job Search

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

Sponsorship / Sponsor Chair AA Meetings / Speaker Alano ( Eastside / Pima /  
North )

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 )

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Leisure

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Internet / Writing / Coding / Budgeting / Problem Solving  
JG + DM / Whole Foods Market / Thrift Store / Hiking / Camping  
Confinement / Isolation  
Rest / Meditation / Preparation  
Situation Planning