





Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>1</b> 12:00 Coffee & Snack 12:00 Bingo 2:00 Guillotine 4:00 Member's Choice	<b>2</b> 10:30 Hidden Pictures & Treats 11:00 <b>Bowling</b> 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Armchair Travel</b> 4:00 Crowns	<b>3</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Leather Crafting pt. 1</b> 3:00 Darts 4:00 Member's Choice	<b>4</b> Oct. ballots pick up deadline 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>5</b>  2:00 <b>Harvest Meal</b>	<b>6</b> 10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	<b>7</b> 12:00 Coffee & Snack 1:00 Wizard 2:00 <b>Texas Hold'em</b> 4:00 Member's Choice	
<b>8</b> 12:00 Coffee & Snack 12:00 Bingo 2:00 Settlers of Catan 4:00 Member's Choice	<b>9</b> <b>Thanksgiving Day</b> 10:00 Jigsaw Puzzle 12:00 Thanksgiving Noon Hour Game & Turkey Bites 2:00 Canasta Tournament 4:00 Member's Choice 	<b>10</b> 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 <b>Talk and Walk for Wellness</b> 3:00 Pool 4:00 Member's Choice	<b>11</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>12</b> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Tile Rummy 3:00 Book Club 4:00 Hobby Crafts 4:00 Member's Choice	<b>13</b> 10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	<b>14</b> 12:00 Coffee & Snack 1:00 Wizard 2:00 <b>Foosball Tournament</b> 4:00 Member's Choice	
<b>15</b> 12:00 Coffee & Snack 12:00 Bingo 2:00 Bang! 4:00 Member's Choice	<b>16</b> 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 12:00 <b>Drumming Circle</b> 2:00 Canasta Tournament 3:00 <b>Movie Monday</b> 4:00 Qwirkle	<b>17</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Artistic Trading Cards</b> 3:00 Darts 4:00 Member's Choice	<b>18</b> 11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>19</b> Nov. ballots available after 4pm 10:30 Coffee Talk 12:15 <b>Global Day of Giving Light Lunch (Hosted by Avison Young)</b> 4:00 Hobby Crafts 4:00 Member's Choice	<b>20</b> 10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	<b>21</b> 12:00 Coffee & Snack 1:00 Wizard 4:00 Member's Choice	
<b>22</b> 12:00 Coffee & Snack 12:00 Bingo 2:00 Super Scrabble 4:00 Member's Choice	<b>23</b> 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Music Appreciation</b> 4:00 Clubs	<b>24</b> Nov. ballot submission deadline 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:00 <b>Talk and Walk for Wellness</b> 1:30 Reach for Recovery Group 2:00 <b>Leather Crafting pt. 2</b> 3:00 Pool 4:00 Member's Choice	<b>25</b> 11:00 <b>Themed Creations</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>26</b> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 1:00 <b>Healing with Laughter</b> 2:00 Mah Jong 4:00 Hobby Crafts 4:00 Member's Choice	<b>27</b> 10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Staff & Member's Game	<b>28</b> Nov. ballots ready for pick up 12:00 Coffee & Snack 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Member's Choice	
<b>29</b> 12:00 Coffee & Snack 12:00 Bingo 1:00 <b>PALS Program: part 1</b> 1:30 <b>PALS Program: part 2</b> 4:00 Member's Choice	<b>30</b> 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 4:00 Eights	<b>31</b>  12:00 <b>Halloween Dance</b>	<p align="center"><b>Important Dates for October Ballots</b>          October calendar and ballots available: Thurs. Sept 21<sup>st</sup>          Ballot submission deadline: Tues. Sept 26<sup>th</sup>          Approved ballots ready for pickup: Sat. Sept 30<sup>th</sup>          Last day to pick up approved ballots: Wed. Oct 4<sup>th</sup></p>				

## October Ballot Information

September ballots will be available for members to fill out their program choices, the day of the GMM, on **Thursday Sept. 21<sup>st</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Sept. 26<sup>th</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Sept. 30<sup>th</sup>**, with each member's drawn activity list.

It is the member's responsibility to pick up their ballot, from the phone room, on the day noted on the front of the calendar.

Any ballots left unclaimed by **Wed. Oct 4<sup>th</sup>**, at closing, will be removed from draw spots.

## Support & Recreation Services

Hours of Operation - 10:00am to 5:45pm \*including weekends and holidays

The SRS gives members an opportunity to socialize, acquire new skills and engage in a wide range of social based activities.

Some benefits of being a member include mail service, telephone access, and sign out privileges (television, pool table, games, newspapers, etc.)

## General Activity Information

**Reach for Recovery Group:** Recovery from addiction/substance abuse is a challenge for many individuals. The purpose of the group is to provide participants with coping strategies to encourage and maintain their sobriety. Join facilitators Todd and Chad to explore the many roads to recovery, in a safe and confidential environment... to meet you where you are at!

**Bingo:** Bingos are scheduled twice a week; Fridays at 1:30 pm and Sundays at 12:00 pm.

**Canasta Tournament:** Scheduled every Monday at 2:00pm; opportunity to win prizes based on regular participation.

**G.M.M.:** General Membership Meetings occur on the 3rd Thursday of every month. These meetings provide a forum for members to make suggestions or bring forward any concerns involving the agency.

**Looking Good, Feeling Good:** A clothing program for Elements members. LG/FG runs Wednesdays at 4:30pm and Fridays at 12:00pm.

**Member's Choice :** Open Activity has been renamed to Member's Choice and provides members with an opportunity to play a game of the group's choosing.

**If you have questions, comments or concerns regarding recreation please contact Brian, Noelle, Taya or Harrison**

*\*Calendar is subject to change\**

## Special Activity Highlights: These Events Require Sign Up



### **Bowling: Oct. 2<sup>nd</sup> at 11:00am**

Join us in a non-competitive game of 5-pin bowling. We will take city transit to Chinook bowling alley. Must be able to lift 4lbs.

### **Armchair Travel: Oct. 2<sup>nd</sup> at 3:00pm**

Join us for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite. No passport required.

### **Leather Crafting pt. 1 & 2: Oct. 3<sup>rd</sup> & 24<sup>th</sup> at 2:00pm**

Are you ready to make the jump from beginner to intermediate? Each participant will stamp, stain, and stitch either a wallet, coin purse, or bus pass holder. All participants will work on the same type of project, which will be decided before ballots are completed. See the display cabinet next to the intake rooms for examples.

**\*\*Applicants must have taken the Intro Leather Craft program.\*\***

### **Harvest Meal: Oct. 5<sup>th</sup> at 2:00pm**

Join us for a delicious Thanksgiving meal! An enjoyable afternoon with opportunity for gratitude, great food and great company!

If registered, sign-in begins at 12:00.

### **Texas Hold 'Em: Oct. 7<sup>th</sup> at 2:00pm**

Join Brian for some Texas Hold' Em fun.

No worry about losing money because we play with chips!

### **Coffee Cruisers: Oct. 10<sup>th</sup> & 24<sup>th</sup> at 10:30am**

A leisurely walk for a coffee and conversation in a nearby café. Dress appropriately for the weather and be prepared for a short walk.

### **Talk and Walk for Wellness: Oct. 10<sup>th</sup> & 24<sup>th</sup> at 1:00pm**

Join Alysia in this informative group that combines health tips with a bi-weekly walking program. 30 minutes will be spent discussing a weekly topic related to nutrition/physical activity and then 30 minutes will be spent walking.

### **Relaxation Group: Oct. 12<sup>th</sup> & 26<sup>th</sup> at 11:45am**

Join us for an hour of various relaxation techniques by a certified yoga instructor, community volunteer. No experience necessary, just a willingness to try.

### **Mindfulness Program: Oct. 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>nd</sup> at 11:00am**

This program offers experiential mindfulness techniques & learning. Mindfulness focuses one's awareness on the present moment. While encouraging one to calmly acknowledge and accept their feelings, thoughts, and bodily sensations. A wonderful therapeutic technique that all can practice.

### **Foosball Tournament: Oct. 14<sup>th</sup> at 2:00pm**

Regardless of your skill level, join us for an afternoon of Foosball - Tournament style!

### **Drumming Circle: Oct. 16<sup>th</sup> at 12:00pm**

Come together for an energetic and grounding drumming circle, and create simple rhythms with drums & percussion instruments.

### **Movie Monday: Oct. 16<sup>th</sup> at 3:00pm**

Showing: American Hustle: In this fictionalization of a true story, a con man and his lover assist an eccentric FBI agent in exposing corruption in Congress in the early 1980s.

### **Artistic Trading Cards: Oct. 17<sup>th</sup> at 2:00pm**

Come explore and create Artist Trading Cards. Combining ink, stamps, pencil crayons, hockey sized cardstock with your imagination—we will make small cards that may be kept or traded and gifted.

### **Colouring Therapy: Oct. 18<sup>th</sup> at 11:00am**

Join Taya in a relaxing colouring program. A selection of images will be offered for members to transform into coloured art! Option to complete project with other members or at home.

### **Global Day of Giving Light Lunch: Oct 19<sup>th</sup> at 12:15pm**

Join us for a light lunch Hosted by Avison Young as part of their "Global Day of Giving". An opportunity to give thanks, enjoy this light meal and spend time together.

### **Music Appreciation: Oct. 23<sup>rd</sup> at 3:00pm**

Join Todd to explore the musical talent of an interesting person or band. See Todd for program details.

### **Themed Creations: Oct. 25<sup>th</sup> at 11:00am**

Join Taya in creating spooky dreamcatcher inspired spider webs! Using different types of yarn and string, construct a beautifully eerie creation.

Hand dexterity is needed.

**\*\*Note: project will not contain any real spiders!\*\***

### **Healing with Laughter: Oct. 26<sup>th</sup> at 1:00pm**

A natural & complimentary activity to support mental, physical and emotional well being. We boost our "feel good" endorphins, release stress & anxiety, and embrace our joyful natures through laughter & imagination.

### **Air Hockey Tournament: Oct. 28<sup>th</sup> at 2:00pm**

Regardless of your skill level, join us for some Air Hockey —tournament style!

### **PALS Program: Oct. 29<sup>th</sup> at 1:00pm OR 1:30pm**

Members will gather in the multi-purpose room and have a 30 min session (A or B) to enjoy the company of a 4-legged volunteer working dog or cat from Pet Access League Society.

### **Halloween Dance: Oct. 31<sup>st</sup> at 2:00pm**

Come down, dressed in your best Halloween costume, and dance. Win spot dance prizes, enjoy some themed food, and have FUN! Best Costume Prizes will be awarded!

Sign-in starts at 12:00pm

