




SUPPORT & RECREATION SERVICES December 2017

1019 – 7 Ave S.W. Calgary Alberta T2P1A8 Ph: (403) 266-8711 Web Site: elementscmh.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 11:30 Coffee & Snack 12:00 Guillotine 2:00 Jenga 4:00 Member's Choice		Important Dates for December Ballots December calendar and ballots available: Thurs. Nov. 16 th Ballot submission deadline: Tues. Nov. 21 st Approved ballots ready for pickup: Sat. Nov. 25 th Last day to pick up approved ballots: Wed. Nov. 29 th			1 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	2 11:30 Coffee & Snack 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice
3 11:30 Coffee & Snack 12:00 Bingo 2:00 Hearts 4:00 Member's Choice	4 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 12:00 Drumming Circle 2:00 Canasta Tournament 4:00 PIT 6:00 Calgary Flames Game	5 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 Talk and Walk for Wellness 2:00 Christmas Creations #1 3:00 Pool 4:00 Member's Choice	6 11:00 Artistic Trading Cards 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	7 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 1:30 Healing with Laughter 2:00 Clubs 4:00 Hobby Crafts 4:00 Member's Choice	8 10:30 Word Jumble & Treats 11:00 Christmas Baking 12:00 Noon Hour Game 12:00 Gym Time: Volleyball 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	9 11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
10 11:30 Coffee & Snack 12:00 Bingo 2:00 Monopoly 4:00 Member's Choice	11 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Music Appreciation 4:00 Qwirkle	12 12:00 Noon Hour Game 12:45 Colour Me Mine 1:00 Talk and Walk for Wellness 1:30 Reach for Recovery Group 3:00 Darts 3:00 Christmas Movie 4:00 Member's Choice	13 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	14 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 1:00 Christmas Creations #2 2:00 10,000 Dice 3:00 Book Club 4:00 Hobby Crafts 4:00 Member's Choice	15 10:30 Word Jumble & Treats 11:00 Christmas Baking: Diabetic 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	16 11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
17 11:30 Coffee & Snack 12:00 Bingo 1:00 PALS Program: part 1 1:30 PALS Program: part 2 4:00 Member's Choice	18 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Christmas Party Set-up	19  2:00 Member's Christmas Party	20 11:00 Colouring Therapy 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	21 Jan. ballots available after 4pm 10:30 Coffee Talk 12:00 Noon Hour Game 1:30 Christmas Carol Karaoke 4:00 Hobby Crafts 4:00 REC Calendars and Ballots	22 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	23 11:30 Coffee & Snack 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice
24 <div style="border: 1px solid black; padding: 2px; text-align: center;">Christmas Eve</div> 11:30 Coffee & Snack 12:00 Special Christmas Noon Hour Game 2:00 Wheel of Fortune 4:00 Member's Choice	25 <div style="border: 1px solid black; padding: 2px; text-align: center;">Christmas Day</div> 11:00 Christmas Colouring and Hidden Pictures 2:00 Christmas Jigsaw Puzzle 3:00 Member's Choice 4:00 Eights	26 Jan. ballot submission deadline <div style="border: 1px solid black; padding: 2px; text-align: center;">Boxing Day</div> 11:00 Christmas Loaf, Coffee, Tea & Hot Chocolate Boxing Day Bingo 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3	27 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	28 10:30 Coffee Talk 12:00 Noon Hour Game 2:00 Ticket To Ride 4:00 Member's Choice	29 10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 2:00 Settlers Of Catan 4:00 Staff & Member's Game	30 Jan. ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 2:00 Foosball Tournament 4:00 Member's Choice

December Ballot Information

December ballots will be available for members to fill out their program choices, the day of the GMM, on **Thursday Nov. 16th**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Nov. 21st**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Nov. 25th**, 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. Nov. 29th**, 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



Mindfulness Program: Dec. 1st, 15th & 22nd 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.

Air Hockey Tournament: Dec. 2nd at 2:00pm

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

Drumming Circle: Dec. 4th at 12:00pm

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

Calgary Flames Game: Dec 4th at 6:00pm

Join us for an exciting hockey game as the Calgary Flames take on the Philadelphia Flyers! We will be taking the LRT and walking to the Saddledome.

Talk and Walk for Wellness: Dec. 5th & 12th at 1:00pm

Join Alysia in this informative group that combines health tips with a 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.

Christmas Creations #1: Dec. 5th at 2:00pm

Crafty Christmas Bundle!

Treats and crafts combine for this unique festive creation to keep or gift. See display case for an example.

Artistic Trading Cards: Dec. 6th at 11:00am

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.

Relaxation Group: Dec. 7th & 14th 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.

Healing with Laughter: Dec. 7th at 1:30pm

Create inner joy through laughter and spread Christmas cheer with group laughter yoga. A positive stress reliever during this hectic time of year.

Christmas Baking: Dec. 8th at 11:00am

Join Franka for a Christmas baking class that yields delicious treats to take home.

Gym Time: Volleyball: Dec. 8th at 12:00pm

Join us for a fun game of volleyball. We'll take the LRT to Knox United Church (weather permitting). Please bring clean, indoor running shoes.

Music Appreciation: Dec. 11th at 3:00pm

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

Colour Me Mine: Dec 12th at 12:45pm

Dress for the weather as we will walk to Colour Me Mine Uptown, where we will spend an afternoon painting a ceramic item of your choice; mug, tile, bowl or Christmas ornament. There is the opportunity to spend your own money on other items. Please feel free to bring your own snacks as well.

Finished product available before Christmas

Christmas Movie: Dec. 12th at 3:00pm

Showing: Home Alone: An eight-year-old troublemaker must protect his house from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation.

Christmas Creations #2: Dec. 14th at 1:00pm

Character Ornament & String Art Snowflake!

Transform an ordinary paintbrush into a Christmas wonder, and also make a delightful yarn snowflake. Two crafts in one session!

Christmas Baking: Diabetic: Dec. 15th at 11:00am

Join Franka for a Christmas baking class that yields delicious treats to take home.

***Please note this program will have a diabetic focus.**

PALS Program: Dec. 17th 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.

Members' Christmas Party: Dec. 19th at 2:00pm

Come down for an afternoon of Christmas fun, presents and yummy treats. Join in sharing Christmas cheer!

Colouring Therapy: Dec. 20th 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.

Christmas Carol Karaoke: Dec. 21st at 1:30pm

A time for coming together in the SRS and sharing in song. An opportunity for all to choose a Christmas carol and sing it together. Lots of hot chocolate and treats!

Texas Hold 'Em: Dec. 23rd at 2:00pm

Join Brian for some Texas Hold' Em fun. No worry about losing money because we play with chips!

Foosball Tournament: Dec. 30th at 2:00pm

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

MERRY CHRISTMAS

