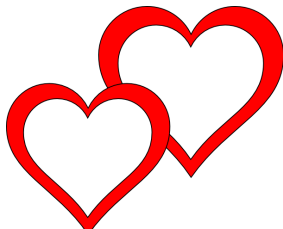
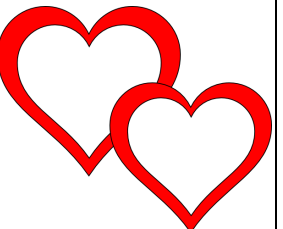




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p align="center">Important Dates for February Ballots February calendar and ballots available: Thurs. Jan. 18th Ballot submission deadline: Tues. Jan. 23rd Approved ballots ready for pickup: Sat. Jan. 27th Last day to pick up approved ballots: Wed. Jan. 31st</p>				
				1	2	3
				10:30 Coffee Talk 10:30 Smoking Cessation 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 PIT 4:00 Hobby Crafts 4:00 Member's Choice	10:30 Word Jumble & Treats 11:00 Morning Cooking: Donuts 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
4	5	6	7	8	9	10
11:30 Coffee & Snack 12:00 Bingo 2:00 Bang! 4:00 Member's Choice	10:30 Hidden Pictures & Treats 12:00 Drumming Circle 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Docu-zone 4:00 Crowns	12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 1:30 Reach for Recovery Group 2:00 Gratitude Power Hour 3:00 Darts 4:00 Member's Choice	11:00 Artistic Trading Cards 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	10:30 Coffee Talk 10:30 Smoking Cessation 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Blockus 3:00 Book Club 4:00 Hobby Crafts 4:00 Member's Choice	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	11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
11	12	13	14	15	16	17
11:30 Coffee & Snack 12:00 Bingo 2:00 Pictionary 4:00 Member's Choice	10:30 Hidden Pictures & Treats 11:00 Bowling 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Movie Monday 4:00 Quiddler	12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Valentine's Day Dance Party Setup	 <p align="center">2:00 Valentine's Day Dance</p>	Mar. ballots available after 4pm 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Clubs 4:00 Hobby Crafts 4:00 REC Calendars and Ballots	10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Gym Time: Badminton 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	11:30 Coffee & Snack 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice
18	19	20	21	22	23	24
11:30 Coffee & Snack 12:00 Bingo 2:00 Ticket to Ride 4:00 Member's Choice	<div style="border: 2px solid black; padding: 5px; text-align: center;"> Family Day </div> 11:00 Free Coffee & Tea 12:00 Noon Hour Game 2:00 Canasta Tournament 4:00 Qwirkle	Mar. ballot submission deadline 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Healing with Laughter 3:00 Pool 4:00 Member's Choice	11:00 Colouring Therapy 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	10:30 Coffee Talk 12:00 Noon Hour Game 2:00 Eights 4:00 Hobby Crafts 4:00 Member's Choice	10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Staff & Member's Game	Mar. ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 2:00 Foosball Tournament 4:00 Member's Choice
25	26	27	28	<div style="text-align: center;">  <p>Happy VALENTINE'S DAY</p> </div>		
11:30 Coffee & Snack 12:00 Bingo 1:00 PALS Program: part 1 1:30 PALS Program: part 2 4:00 Member's Choice	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Music Appreciation 4:00 10,000 Dice	12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 1:30 Reach for Recovery Group 2:00 Dance & Movement pt. 1 3:00 Darts 4:00 Member's Choice	Mar. ballots pick up deadline 11:00 Creative Expressions 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG			

February Ballot Information

ballots will be available for members to fill out their program choices on **Thursday Jan. 18th**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Jan. 23rd**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Jan. 27th**, 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. Jan. 31st**, 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

REC Calendars and Ballots: The REC department will be present every 3rd Thursday of the month at 4:00pm to distribute monthly calendars and ballots. REC staff will also be available at this time to answer any recreation related questions.

Smoking Cessation: Quitting smoking can be tough. Join Quitcore facilitators, Chad and Shelley as they assist in helping develop a quit plan that will work for you. Topics include support techniques and aids, tips on stress management and how to prevent relapse. This is a 6 week program, members can sign up at the reception area up until Dec. 15, 2017.

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 in the months of February, April, June, September and November. These meetings provide a forum for members to make suggestions or bring forward any concerns involving the agency. All registered members are able to vote at these meetings.

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, Harrison, Noelle, or Taya*

Calendar is subject to change

Special Activity Highlights: These Events Require Sign Up



Relaxation Group: Feb. 1st, 8th, & 15th 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.

Morning Cooking: Donuts: Feb. 2nd at 11:00am

Join Franka for a delicious lesson in baking donuts! Bask in donut heaven which you can take home and share.

Mindfulness Program: Feb. 2nd, 9th & 16th 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.

Drumming Circle: Feb. 5th at 12:00pm

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

Docu-Zone: Feb. 5th at 3:00pm

Join Alysia for an interesting documentary film and great conversation afterwards.

Talk and Walk for Wellness: Feb. 6th & 27th 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.

Gratitude Power Hour: Feb 6th at 2:00pm

Join Noelle and awaken your gratitude attitude to be able to appreciate what you have. You will make and take home a seasonal gratitude craft..

Artistic Trading Cards: Feb. 7th 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.

Bowling: Feb. 12th 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.

Movie Monday: Feb. 12th at 3:00pm

Showing: Valentine's Day: Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day.

Valentine's Day Dance: Feb. 14th at 2:00pm

Join us for a fun afternoon of dancing and light lunch. No partner needed just a desire to have fun!

Gym Time: Badminton: Feb. 16th at 12:00pm

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

Air Hockey Tournament: Feb. 17th at 2:00pm

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

Healing with Laughter: Feb. 20th at 2:00pm

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.

Colouring Therapy: Feb. 21st 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.

Foosball Tournament: Feb. 24th at 2:00pm

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

PALS Program: Feb. 25th 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.

Music Appreciation: Feb. 26th at 3:00pm

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

Dance & Movement: The Importance of Body Awareness: Feb. 27th & Mar. 6th at 2:00pm

This 2-part program will incorporate a variety of movement activities, focused on bringing awareness into our bodies and mindfulness into our movement. Seated and standing, participants will be encouraged to explore and expand their range of movement, while having fun and connecting with others in the group. Remember, EVERYONE can dance! All it takes is some simple body movement.

Creative Expressions: Feb. 28th at 11:00am

Ink Blot Creations: Come explore the easy & fun "ink blotting" process, where patterns are randomly created. We will then draw & fill in the ink blot spaces with color, transforming the images into unique pieces of art. Individual and group collaboration will be done in this session.

