




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Happy New Year! 11:00 Donuts, Coffee, Tea, & Hot Chocolate New Year's Day Bingo 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3	2 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	3 Jan. ballots pick up deadline 11:00 Colouring Therapy 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	4 10:30 Coffee Talk 10:30 Smoking Cessation 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Crowns 4:00 Member's Choice	5 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	6 11:30 Coffee & Snack 1:00 Wizard 2:30 Karaoke
7 11:30 Coffee & Snack 12:00 Bingo 2:00 Scrabble 4:00 Member's Choice	8 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Movie Classics 4:00 Quiddler	9 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 Talk and Walk for Wellness 3:00 Darts 4:00 Member's Choice	10 11:00 Animal Kingdom 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	11 10:30 Coffee Talk 10:30 Smoking Cessation 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Eights 3:00 Book Club 4:00 Hobby Crafts 4:00 Member's Choice	12 10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	13 11:30 Coffee & Snack 1:00 Wizard 2:00 Foosball Tournament 4:00 Member's Choice
14 11:30 Coffee & Snack 12:00 Bingo 2:00 Settlers of Catan 4:00 Member's Choice	15 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Armchair Travel 4:00 Blockus	16 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	17 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	18 Feb. ballots available after 4pm 10:30 Coffee Talk 10:30 Smoking Cessation 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Qwirkle 4:00 Hobby Crafts 4:00 REC Calendars and Ballots	19 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	20 11:30 Coffee & Snack 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice
21 11:30 Coffee & Snack 12:00 Bingo 2:00 Guillotine 4:00 Member's Choice	22 10:30 Hidden Pictures & Treats 11:00 Bowling 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Music Appreciation 4:00 Euchre	23 Feb. ballot submission deadline 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 Talk and Walk for Wellness 2:00 Tech Tips 101: Apps and Widgets 3:00 Darts 4:00 Member's Choice	24 11:00 Colouring Therapy 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	25 10:30 Coffee Talk 10:30 Smoking Cessation 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Clubs 4:00 Hobby Crafts 4:00 Member's Choice	26 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Gym Time: Basketball 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Staff & Member's Game	27 Feb. ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice
28 11:30 Coffee & Snack 12:00 Bingo 2:00 Clue 4:00 Member's Choice	29 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Movie Monday 4:00 Jenga	30 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	31 Feb. ballots pick up deadline 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	 <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p>Important Dates for January Ballots January calendar and ballots available: Thurs. Dec. 21st Ballot submission deadline: Tues. Dec. 26th Approved ballots ready for pickup: Sat. Dec. 30th Last day to pick up approved ballots: Wed. Jan. 3rd</p> </div> 		

January Ballot Information

January ballots will be available for members to fill out their program choices on **Thursday Dec. 21st**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Dec. 26th**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Dec. 30th**, 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. 3rd**, 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



Colouring Therapy: Jan. 3rd & 24th 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.

Relaxation Group: Jan. 4th, 11th, 18th, & 25th 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: Jan. 5th, 19th & 26th 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.

Karaoke: Jan. 6th at 2:30pm

Join us for a fun afternoon of Karaoke and snacks. Please sign up as either "audience" or "singer".

Movie Classics: Jan. 8th at 3:00pm

Showing: Shawshank Redemption: Framed for murder, upstanding banker Andy Dufresne begins a new life at the *Shawshank* prison and gradually forms a close bond with older inmate Red. The two imprisoned men bond over a number of years, finding solace and redemption through acts of common decency.

Talk and Walk for Wellness: Jan. 9th & 23rd 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.

Animal Kingdom: Jan. 10th at 11:00am

Join Brian in watching "Martin Clunes: Man & Beast." Humans have depended upon animals for labor, food and companionship for thousands of years, but do the animals ever get anything in return? Martin Clunes sets out to answer this question by travelling around the world and exploring how relationships between humans and animals shift across different cultures.

Foosball Tournament: Jan. 13th at 2:00pm

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

Armchair Travel: Jan. 15th 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.

Coffee Cruisers: Jan. 16th & 30th 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.

Air Hockey Tournament: Jan. 20th at 2:00pm

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

Bowling: Jan. 22nd 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.

Music Appreciation: Jan. 22nd at 3:00pm

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

Tech Tips 101: Apps and Widgets: Jan. 23rd at 2:00pm

Join Harrison as he dives into the most useful and beneficial phone apps and widgets designed to make your digital world that much easier.

Gym Time: Basketball: Jan. 26th at 12:00pm

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

Texas Hold 'Em: Jan. 27th at 2:00pm

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

Movie Monday: Jan. 29th at 3:00pm

Showing: Eddie the Eagle: This inspirational film tells the true story of *Eddie "The Eagle" Edwards*, who became England's unlikely ski-jump hero in the '88 Olympics.

