





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p style="text-align: center;"><b>Important Dates for March Ballots</b>            March calendar and ballots available: Thurs. Feb. 15<sup>th</sup>            Ballot submission deadline: Tues. Feb. 20<sup>th</sup>            Approved ballots ready for pickup: Sat. Feb. 24<sup>th</sup>            Last day to pick up approved ballots: Wed. Feb. 28<sup>th</sup></p>				
				<b>1</b>	<b>2</b>	<b>3</b>
				10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Tile Rummy 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	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 Members' Choice	11:30 Coffee & Snack 1:00 Wizard 2:30 <b>Karaoke</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
11:30 Coffee & Snack 12:00 Bingo 2:00 Bananagrams 4:00 Members' Choice	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Talk and Walk for Wellness</b> 2:00 Canasta Tournament 4:00 Skip-bo	10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 <i>Rewired</i> 2:00 <b>Dance &amp; Movement pt. 2</b> 3:00 Pool 4:00 Members' Choice	 <p style="text-align: center;"><b>AGENCY CLOSED</b> Staff Development Day</p>	10:30 Coffee Talk 12:00 Noon Hour Game 2:00 Kings and Jokers 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i> 4:00 Members' Choice	10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:00 <b>Gym Time: Indoor Soccer</b> 1:30 Bingo 4:00 Members' Choice	11:30 Coffee & Snack 1:00 Wizard 4:00 Members' Choice
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
11:30 Coffee & Snack 12:00 Bingo 2:00 Scrabble 4:00 Members' Choice	10:30 Hidden Pictures & Treats 11:00 <b>Bowling</b> 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Animal Kingdom</b> 4:00 Jenga	12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 <i>Rewired</i> 2:00 Open Mic Set-up	 <p style="text-align: center;">1:30 <b>Elements 1<sup>st</sup> Annual Open Mic &amp; Café</b> Hosted by the I.A. Committee</p>	Apr. ballots available after 4pm <b>15</b> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Mah Jong 4:00 <i>Hobby Crafts</i> 4:00 REC Calendars and Ballots	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 Members' Choice	11:30 Coffee & Snack 12:00 <b>Circles of Rhythm: Drumming Circle</b> 1:00 Wizard 2:00 <b>Texas Hold'em</b> 4:00 Members' Choice
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
11:30 Coffee & Snack 12:00 Bingo 2:00 Euchre 4:00 Members' Choice	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 12:30 <b>Social Dining Experience</b> 2:00 Canasta Tournament 3:00 <b>Movie Monday</b> 4:00 Qwirkle	Apr. ballot submission deadline <b>20</b> 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 <i>Rewired</i> 2:00 <b>Tech Tips 101: Social Media</b> 3:00 Darts 4:00 Members' Choice	11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Crowns 4:00 <i>Hobby Crafts</i> 4:00 Members' Choice	10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Staff & Members Game	Apr. ballots ready for pick up <b>24</b> 11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Members' Choice
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
11:30 Coffee & Snack 12:00 Bingo 2:00 Settlers of Catan 4:00 Members' Choice	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Talk and Walk for Wellness</b> 2:00 Canasta Tournament 3:00 <b>Music Appreciation</b> 4:00 Yahtzee	12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 <i>Rewired</i> 2:00 <b>Intro to Leather</b> 3:00 Pool 4:00 Members' Choice	Apr. ballots pick up deadline <b>28</b> 11:00 <b>Themed Creations</b> 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 <i>Hobby Crafts</i> 4:00 Members' Choice 6:00 <b>Calgary Flames Game</b>	<b>Good Friday</b> <b>30</b> 10:30 Word Jumble & Treats 12:00 Special Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Members' Choice	11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Ping Pong Tournament</b> 4:00 Members' Choice

## March Ballot Information

March ballots will be available for members to fill out their program choices on **Thursday Feb. 15<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Feb. 20<sup>th</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Feb. 24<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. Feb. 28<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

**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.

**Rewired:** This is a 6 session program over the course of 8 weeks. The program will teach basic Cognitive Behavioural Therapy principles to clients impacted by depression and/or anxiety. We will identify toxic thoughts and unhealthy coping behaviours while building self-confidence and the skills required to make better choices.

**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 3<sup>rd</sup> 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.

**Members' 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: Mar. 1<sup>st</sup>, 15<sup>th</sup>, & 22<sup>nd</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: Mar. 2<sup>nd</sup>, 9<sup>th</sup>, & 16<sup>th</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.

### **Karaoke: Mar. 3<sup>rd</sup> at 2:30pm**

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

### **Talk and Walk for Wellness: Mar. 5<sup>th</sup> & 26<sup>th</sup> 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.

### **Coffee Cruisers: Mar. 6<sup>th</sup> & 20<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.

### **Dance & Movement: The Importance of Body Awareness: Feb. 27<sup>th</sup> & Mar. 6<sup>th</sup> at 2:00pm**

This is part 2 of the program. If you received this program on your February ballot, you are automatically signed-up for the second part.

No new sign-ups via ballots are available.

### **Gym Time: Indoor Soccer: Mar. 9<sup>th</sup> at 1:00pm**

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

### **Bowling: Mar. 12<sup>th</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.

### **Animal Kingdom: Mar. 12<sup>th</sup> at 3:00pm**

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.

### **Elements 1<sup>st</sup> Annual Open Mic & Café: Mar. 14<sup>th</sup> at 1:30pm**

Join us for Elements 1<sup>st</sup> Annual Open Mic & Café hosted by your I.A. Committee. Sign-up as audience to enjoy a variety of performances by fellow members. We look forward to seeing you & enjoying a nice light snack following the performances.

### **Circles of Rhythm: Drumming Circle: Mar. 17<sup>th</sup> at 12:00pm**

"We have discovered that the therapeutic and community building benefits of drum circles are a powerful catalyst for lasting change. Come together with our outside facilitator, Jamie Gore for a simple, effective & creative drumming circle.

### **Texas Hold 'Em: Mar. 17<sup>th</sup> at 2:00pm**

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

### **Social Dining Experience: Mar. 19<sup>th</sup> at 12:30pm**

Join us as we head to one of the city's iconic diners for a delicious brunch item of your choice: REDS Diner in Kensington. We will walk to the diner, order, eat, drink "free refill" coffee, and share in dialogue and a relaxing dining experience. We will walk to the restaurant so please dress for the weather.

### **Movie Monday: Mar. 19<sup>th</sup> at 3:00pm**

Showing: Ace Ventura: Pet Detective: a goofy detective specializing in animals goes in search of the missing mascot of the Miami Dolphins.

### **Tech Tips 101: Social Media and Health: Mar. 20<sup>th</sup> at 2:00pm**

There are many positive aspects of social media for adults and youths alike, there are also risks. Join Harrison as we explore various high-risk behaviours surrounding today's world of technology.

### **Colouring Therapy: Mar. 21<sup>st</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.

### **Air Hockey Tournament: Mar. 24<sup>th</sup> at 2:00pm**

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

### **Music Appreciation: Mar. 26<sup>th</sup> at 3:00pm**

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

### **Intro to Leather : Mar. 27<sup>th</sup> at 2:00pm**

Join Chris and Andy from Tandy Leather for this informative teaching session. Learn the basics of leather crafting including prepping, shaping, stamping and working the leather.

*\*Please note this will be a prerequisite for future leather crafting projects.*

### **Themed Creations: Mar. 28<sup>th</sup> at 11:00am**

Using tissue paper and cardstock, join Taya in creating small "rose windows." Often found in churches of the Gothic architectural style, their symbolism lies in geometry and the sense that many parts make a whole. Simple colour theory and layering will be explored.

### **Calgary Flames Game: Mar 29<sup>th</sup> at 6:00pm**

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

### **Ping Pong Tournament: Mar. 31<sup>st</sup> at 2:00pm**

Regardless of your skill level, join us for some Ping Pong—tournament style!

