





Sun	Mon	Tue	Wed	Thu	Fri	Sat
Easter Sunday 1 11:30 Coffee & Snack 12:00 Bingo 2:00 Tile Rummy 4:00 Member's Choice 	Easter Monday 2 10:30 Easter Jigsaw Puzzle 12:00 Noon Hour Game 2:00 Canasta Tournament 4:00 Member's Choice 	3 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Darts 4:00 Member's Choice	4 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	5 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Clubs 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	6 10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:00 Gym Time: Basketball 1:30 Bingo 4:00 Member's Choice	7 11:30 Coffee & Snack 1:00 Wizard 2:00 Foosball Tournament 4:00 Member's Choice
8 11:30 Coffee & Snack 12:00 Bingo 2:00 Scrabble 4:00 Member's Choice	9 10:30 Hidden Pictures & Treats 11:00 Bowling 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Movie Monday 4:00 Quiddler	10 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Dance & Movement 3:00 Pool 4:00 Member's Choice	11 11:00 Artistic Trading Cards 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	12 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Blockus 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	13 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	14 11:30 Coffee & Snack 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice
15 11:30 Coffee & Snack 12:00 Bingo 2:00 Guillotine 4:00 Member's Choice	16 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 2:00 Canasta Tournament 4:00 Jenga	17 12:00 Noon Hour Game 12:15 Social Dining Experience 1:00 <i>Rewired</i> 1:30 Reach for Recovery Group 3:00 Darts 4:00 Member's Choice	18 11:00 Animal Kingdom 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	19 May ballots available after 4pm 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:30 GMM 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	20 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	21 11:30 Coffee & Snack 12:00 Circles of Rhythm: Drumming Circle 1:00 Wizard 4:00 Member's Choice
22 11:30 Coffee & Snack 12:00 Bingo 2:00 Clue 4:00 Member's Choice	23 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Armchair Travel 4:00 Bananagrams	24 May ballot submission deadline 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:00 <i>Rewired</i> 1:30 Reach for Recovery Group 2:00 Tech Tips 101 3:00 Pool 4:00 Member's Choice	25 11:00 Colouring Therapy 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	26 10:30 Coffee Talk 12:00 Noon Hour Game 1:00 Wii Games: Mario Cart 2:00 Eights 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	27 10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Staff & Member's Game	28 May ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice
29 11:30 Coffee & Snack 12:00 Bingo 1:00 PALS Program: part 1 1:30 PALS Program: part 2 4:00 Member's Choice	30 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 2:00 Canasta Tournament 3:00 Music Appreciation 4:00 Pokeno	 <div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Important Dates for April Ballots April calendar and ballots available: Thurs. Mar. 15th Ballot submission deadline: Tues. Mar. 20th Approved ballots ready for pickup: Sat. Mar. 24th Last day to pick up approved ballots: Wed. Mar. 28th</p> </div> 				

April Ballot Information

April ballots will be available for members to fill out their program choices on **Thursday Mar. 15th**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Mar. 20th**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Mar. 24th**, 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. Mar. 28th**, 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 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: Apr. 5th, 12th & 19th 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.

Gym Time: Basketball: Apr. 6th at 1:00pm

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.

Foosball Tournament: Apr. 7th at 2:00pm

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

Bowling: Apr. 9th 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: Apr. 9th at 3:00pm

Showing: Hidden Figures: three brilliant African-American women overcome bigotry and sexism to become the brains behind the launch of the first American astronaut into space.

Coffee Cruisers: Apr. 10th & 24th 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: Apr. 10th at 2:00pm

This 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.

Artistic Trading Cards: Apr. 11th 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.

Mindfulness Program: Apr. 13th & 20th 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: Apr. 14th at 2:00pm

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

Talk and Walk for Wellness: Apr. 16th & 30th 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.

Social Dining Experience: Apr. 17th at 12:15pm

Dine and socialize with us as we head to the Kerby Centre for an afternoon of great food and conversation.

Animal Kingdom: Apr. 18th at 11:00am

Join Brian in watching and discussing "World's Oddest Animal Couples." Dr. Carin Bondar introduces unusual *animal* friendships, such as an elephant who leads a buffalo herd, a jackal caring for an elderly *dog* and more.

Circles of Rhythm: Drumming Circle: Apr. 21st 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.

Armchair Travel: Apr. 23rd 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.

Tech Tips 101: Social Media and Health: Apr. 24th at 2:00pm

There are many positive aspects of social media for adults and youths alike, there are also threats. Join Harrison as we further discuss the risks and benefits surrounding today's world of technology.

Colouring Therapy: Apr. 25th 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.

Wii Games: Mario Kart: Apr. 26th at 1:00pm

This will be an interactive and social program in the multipurpose room playing the Wii while enjoying each other's company.

Texas Hold 'Em: Apr. 28th at 2:00pm

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

PALS Program: Apr. 29th 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: Apr. 30th at 3:00pm

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

