



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		<p><b>Important Dates for June Ballots</b>            June calendar and ballots available: Thurs. May 17<sup>th</sup>            Ballot submission deadline: Tues. May 22<sup>th</sup>            Approved ballots ready for pickup: Sat. May 26<sup>th</sup>            Last day to pick up approved ballots: Wed. June 4<sup>th</sup></p>					1	2
<p style="text-align: right;"><b>3</b></p> 11:30 Coffee & Snack 12:00 Bingo 2:00 Bananagrams 4:00 Member's Choice	<p style="text-align: right;"><b>4</b></p> 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>Food and Mood</b> 4:00 Euchre	<p style="text-align: right;"><b>5</b></p> 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:00 <b>Games in the Park</b> 1:30 Reach for Recovery Group 2:00 <b>Dance &amp; Movement</b> 4:00 Member's Choice	<p style="text-align: right;"><b>6</b></p> 11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;"><b>7</b></p> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Eights 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: right;"><b>8</b></p> 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 Member's Choice	<p style="text-align: right;"><b>9</b></p> 11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Member's Choice		
<p style="text-align: right;"><b>10</b></p> 11:30 Coffee & Snack 12:00 Bingo 2:00 Settlers of Catan 4:00 Member's Choice	<p style="text-align: right;"><b>11</b></p> 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 12:15 <b>Social Dining Experience</b> 2:00 Canasta Tournament 4:00 Jenga	<p style="text-align: right;"><b>12</b></p> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Savvy Consumers: Scams and Fraud</b> 3:00 Pool 4:00 Member's Choice	<p style="text-align: right;"><b>13</b></p> 11:00 <b>Natural Light Photography</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;"><b>14</b></p> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 1:00 <b>Explore your City: Bubble Tea</b> 2:00 Crowns 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: right;"><b>15</b></p> 10:30 Word Jumble & Treats 11:00 <i>Guitar Compass</i> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	<p style="text-align: right;"><b>16</b></p> 11:30 Coffee & Snack 12:00 <b>Circles of Rhythm: Drumming Circle</b> 1:00 Wizard 4:00 Member's Choice		
<p style="text-align: right;"><b>17</b></p> 11:30 Coffee & Snack 12:00 Bingo 2:00 Ticket to Ride 4:00 Member's Choice	<p style="text-align: right;"><b>18</b></p> 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>Movie Monday</b> 4:00 Quiddler	<p style="text-align: right;"><b>19</b></p> 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 <b>Picnic in the Park: Limited Mobility</b> 3:00 Darts 4:00 Member's Choice	<p style="text-align: right;"><b>20</b></p> 11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;"><b>21</b></p> July ballots available after 4pm <b>National Indigenous Peoples Day</b> 10:15 <b>Mini Canoe Craft</b> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:30 GMM 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: right;"><b>22</b></p> 10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 1:45 <b>Explore your City: Regal Cat Café</b> 4:00 Member's Choice	<p style="text-align: right;"><b>23</b></p> 11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Texas Hold'em</b> 4:00 Member's Choice		
<p style="text-align: right;"><b>24</b></p> 11:30 Coffee & Snack 12:00 Bingo 1:00 <b>PALS Program pt. 1</b> 1:30 <b>PALS Program pt. 2</b> 4:00 Member's Choice	<p style="text-align: right;"><b>25</b></p> 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Music Appreciation</b> 4:00 Qwirkle	<p style="text-align: right;"><b>26</b></p> July ballot submission deadline 12:00 Noon Hour Game 1:00 <b>Laughter Club</b> 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	<p style="text-align: right;"><b>27</b></p> 9:00 <b>William Watson Lodge</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;"><b>28</b></p> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Clubs 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: right;"><b>29</b></p> 10:30 Word Jumble & Treats 11:00 <i>Guitar Compass</i> 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo	<p style="text-align: right;"><b>30</b></p> July ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice		

## June Ballot Information

June ballots will be available for members to fill out their program choices on **Thursday May 17<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday May 22<sup>nd</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday May 26<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. June 4<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.

**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, Luke, or Taya*

*\*Calendar is subject to change\**

## Special Activity Highlights: These Events Require Sign Up



### **Mindfulness Program: June 1<sup>st</sup>, 8<sup>th</sup> & 29<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.

### **Ping Pong Tournament: June 2<sup>nd</sup> at 2:00pm**

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

### **Talk and Walk for Wellness: June 4<sup>th</sup> & 18<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.

### **Food and Mood: June 4<sup>th</sup> at 3:00pm**

Join us as we learn how our mood can affect what we choose to eat, how food can affect our mood, current evidence regarding diet and prevalence of mental health outcomes as well as the Gut-Brain Connect— how maintaining a healthy gut can affect our brain health.

### **Coffee Cruisers: June 5<sup>th</sup> & 19<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.

### **Games in the Park: June 5<sup>th</sup> at 1:00pm**

Walk with us to a nearby park and enjoy some fun outdoor games such as Frisbee, horseshoes and bocce ball. Please dress for the weather and bring a water bottle.

### **Dance & Movement: June 5<sup>th</sup> 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

### **Artistic Trading Cards: June 6<sup>th</sup> 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: June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</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.

### **Air Hockey Tournament: June 9<sup>th</sup> at 2:00pm**

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

### **Social Dining Experience: June 11<sup>th</sup> at 12:15pm**

Dine and socialize with us as we head to Chinese Cultural Centre Cuisine! An all you can eat luncheon with an elegant and comfortable environment.

### **Savvy Consumers: Scams and Fraud: June 12<sup>th</sup> at 2:00pm**

It's all about being proactive! Join David from the Better Business Bureau as he explores how to recognize scams and protect yourself from fraud!

### **Natural Light Photography: June 13<sup>th</sup> at 11:00am**

Photography is an accessible means of communication for people to share their thoughts, viewpoints, frustrations and joys. Join Harrison as we create visual diaries that serve as a way to help one plan, document and reflect on his or her journey through photography.

### **Explore your City: Bubble Tea: June 14<sup>th</sup> at 1:00pm**

Join us for an Irt ride & short walk to China Town's Dragon City mall for a bubble tea at the famous Pearl House. Bubble tea has been refereed to as a "Chinese milkshake". Tapioca, Coconut & Pearl Jellies can be added to a variety of creamy or fruit green tea beverages of member's choice.

### **Circles of Rhythm: Drumming Circle: June 16<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.

### **Movie Monday: June 18<sup>th</sup> at 3:00pm**

Showing: Life: After a small-time hustler picks the pocket of a gambling bank teller, two men are framed and must endure each others presence in jail.

### **Picnic in the Park: Limited Mobility: June 19<sup>th</sup> at 1:00pm**

Join us for a short walk to a nearby park and share in a delicious picnic with great conversation.

### **Colouring Therapy: June 20<sup>th</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.

### **Mini Canoe Craft: June 21<sup>st</sup> at 10:15am**

Join us as we celebrate National Indigenous Peoples Day by creating mini personalized canoes!

### **Explore Your City: Regal Cat Café: June 22<sup>nd</sup> at 1:45pm**

Join us and up to a dozen furry feline's at Regal Cat Café. We will walk to Kensington, and enjoy 45 minutes petting friendly cats all sponsored by the MEOW foundation. If you have allergies, you can still join us by sitting in their fresh air ventilated café and enjoy a beverage and view.

### **Texas Hold 'Em: June 23<sup>rd</sup> at 2:00pm**

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

### **PALS Program: June 24<sup>th</sup> at 1:00pm OR 1:30pm**

Volunteers from Pet Access League Society will be coming to join us with their pet therapy program. 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.

**Please do not sign up if you have allergies.**

### **Music Appreciation: June 25<sup>th</sup> at 3:00pm**

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

### **Laughter Club: June 26<sup>th</sup> at 1:00pm**

The Laughter Club is an opportunity for people to get together, meet new people, participate in laughter exercises, and improve our well-being. The Laughter Club is not Laughter Yoga. In this group everybody is welcome to join, you can bring a friend, meet others, and have some FUN!!!

### **William Watson Day Trip: June 27<sup>th</sup> at 9:00am**

Join us for a day trip to the William Watson Lodge in beautiful Kananaskis country. Opportunity for relaxing in the mountains, activities of your choice, and board games. Snacks, and a full lunch will be provided. Please dress for the weather.

**\*We do not accommodate food allergies\***