





| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|---|---|
| 1 11:30 Coffee & Snack 12:00 Bingo 2:00 Ticket to Ride 4:00 Member's Choice  | 2 10:30 Canada Trivia & Treats 12:00 Noon Hour Game 1:00 Canada Day Treats 2:00 Canasta Tournament 4:00 Hearts | 3 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:00 Games in the Park: Limited Mobility 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice | 4 July ballots pick up deadline 10:30 Sandy Beach 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG | 5 10:30 Coffee Talk 11:00 Colouring Therapy 12:00 Noon Hour Game 2:00 10,000 Dice 4:00 Member's Choice | 6 <div style="border: 2px solid black; padding: 5px; text-align: center;"> Parade Day: open @ 1pm </div> 1:30 Bingo 2:00 Crowns 4:00 Member's Choice | 7 11:30 Coffee & Snack 1:00 Wizard 2:30 Karaoke |
| 8 11:30 Coffee & Snack 12:00 Bingo 2:00 Guillotine 4:00 Member's Choice | 9 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 2:00 Canasta Tournament 3:00 Armchair Travel 4:00 Skip-bo | 10 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 SRS Shingdig Set-up | 11  | 12 10:30 Coffee Talk 12:00 Noon Hour Game 1:00 Explore your City: Crave Cupcakes 2:00 Quiddler 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 Risk 4:00 Member's Choice | 16 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Movie Monday 4:00 Crowns | 17 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice | 18 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG | 19 Aug. ballots available after 4pm 10:30 Coffee Talk 12:00 Noon Hour Game 1:00 Explore your City: Made by Marcus 4:00 Member's Choice 4:00 REC Calendars and Ballots | 20 10:30 Word Jumble & Treats 10:30 Jugo Cruisers 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice | 21 11:30 Coffee & Snack 1:00 Wizard 2:00 Ping Pong Tournament 4:00 Member's Choice |
| 22 11:30 Coffee & Snack 12:00 Bingo 2:00 Bang! 4:00 Member's Choice | 23 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 Eights | 24 Aug. ballot submission deadline 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:00 Picnic in the Park 3:00 Darts 4:00 Member's Choice | 25 11:00 Natural Light Photography 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 Calgary Zoo 2:00 Mah Jong 4:00 Member's Choice | 27 10:30 Word Jumble & Treats 11:00 Song Compass 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Staff & Member's Game | 28 Aug. 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 2:00 Settler of Catan 4:00 Member's Choice | 30 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 12:30 Social Dining Experience 2:00 Canasta Tournament 4:00 Bananagrams | 31 11:00 Outdoor Splatter Paint 12:00 Noon Hour Game 1:00 Laughter Club 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice |  | <div style="border: 1px dashed black; padding: 10px;"> <p style="text-align: center;">Important Dates for July Ballots</p> <p style="text-align: center;">July calendar and ballots available: Thurs. June 21st</p> <p style="text-align: center;">Ballot submission deadline: Tues. June 26th</p> <p style="text-align: center;">Approved ballots ready for pickup: Sat. June 30th</p> <p style="text-align: center;">Last day to pick up approved ballots: Wed. July 4th</p> </div> |  | |

July Ballot Information

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

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

Ballots will be available in the phone room on **Saturday June 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. July 4th**, 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



Coffee Cruisers: July 3rd & 17th 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: Limited Mobility: July 3rd 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.

Sandy Beach: July 4th at 10:30am

We will take a hired bus and enjoy a picnic lunch and have some time to relax. Please dress for the weather.

Colouring Therapy: July 5th 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.

Karaoke: July 7th 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: July 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.

Armchair Travel: July 9th 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.

Stampede Shindig: July 11th at 2:00pm

Wear your best western gear and join us for a good ol' fashion Stampede shindig! Live entertainment, tasty food and prizes to be won! Sign-in begins at 12:00pm

Explore Your City: Crave Cupcakes: July 12th at 1:00pm

For the love of baking! Crave Cupcakes is inspired by fresh ingredients and family recipes. Join us for socialization and a sweet treat! Please dress for the weather.

Mindfulness Program: July 13th 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: July 14th at 2:00pm

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

Movie Monday: July 16th at 3:00pm

Showing: Jurassic World; The owners of a dinosaur theme park try to attract tourists with a thrilling new exhibit, but a deadly giant breaks loose and terrorizes the island.

Explore Your City: Made by Marcus: July 19th at 1:00pm

Made by Marcus offers hand-made, small batch ice cream in a variety of neat flavours. Join us for socialization and a sweet treat! We will be taking Calgary Transit. Please dress for the weather.

Jugo Cruisers: July 20th at 10:30am

A leisurely walk for a delicious Jugo Juice smoothie and conversation. Dress appropriately for the weather and be prepared for a short walk.

Ping Pong Tournament: July 21st at 2:00pm

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

Music Appreciation: July 23rd at 3:00pm

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

Picnic in the Park: July 24th at 1:00pm

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

Natural Light Photography: July 25th 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.

Calgary Zoo: July 26th at 12:00pm

We will take city transit to the zoo and walk around to visit the animals. We will provide a light snack. Please wear good walking shoes, bring a bottle of water, and dress for the weather.

Song Compass: July 27th at 1:00pm

Join us for an interactive song writing circle. We will be taking ideas from the world around us and putting them into song.

Texas Hold 'Em: July 28th at 2:00pm

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

Social Dining Experience: July 30th at 12:30pm

Dine and socialize with us as we immerse our taste buds in some authentic Mexican cuisine at the Bodega Restaurant in beautiful Kensington.

Outdoor Splatter Paint: July 31st at 11:00am

Splattering paint is a fast and fun way to create uniquely personalized art pieces. Members will walk to Shaw Millennium Park, carrying canvas & tempura paints, and get creative by splashing, spraying and splattering. Old clothes must be worn as this is a fun yet messy process.

Laughter Club: July 31st 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!!!

