




Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px dashed black; padding: 5px; margin: 10px auto; width: 80%;"> <p><b>Important Dates for August Ballots</b>            August calendar and ballots available: Thurs. July 19<sup>th</sup>            Ballot submission deadline: Tues. July 24<sup>th</sup>            Approved ballots ready for pickup: Sat. July 28<sup>th</sup>            Last day to pick up approved ballots: Wed. Aug. 1<sup>st</sup></p> </div> 		July ballots pick up deadline <b>1</b>		<b>2</b>	<b>3</b>	<b>4</b>
	<div style="border: 1px solid black; padding: 2px; display: inline-block;"> <b>Heritage Day</b> </div> <b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>5</b>						
11:30 Coffee & Snack 12:00 Bingo 2:00 Ticket to Ride 4:00 Member's Choice	10:30 Hidden Pictures & Treats 12:00 Heritage Day Darts 1:00 Heritage Maple Coffee & Cookies 2:00 Canasta Tournament 4:00 Crowns	10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Darts 4:00 Member's Choice	11:00 <b>Natural Light Photography</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 1:00 <b>Games in the Park</b> 2:00 Qwirkle 4:00 Member's Choice	10:30 Word Jumble & Treats 11:00 <b>Guitar Compass</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Texas Hold'em</b> 4:00 Member's Choice
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
11:30 Coffee & Snack 12:00 Bingo 2:00 Phase 10 4:00 Member's Choice	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 12:15 <b>Social Dining Experience</b> 2:00 Canasta Tournament 4:00 Bananagrams	11:00 <b>Zentangles</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	9:00 <b>William Watson Lodge</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	Aug. ballots available after 4pm <b>16</b> 10:30 Coffee Talk 12:00 Noon Hour Game 1:00 <b>Explore your City: Pie Junkie</b> 2:00 Blockus 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 Member's Choice	11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Ping Pong Tournament</b> 4:00 Member's Choice
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
11:30 Coffee & Snack 12:00 Bingo 2:00 Settler of Catan 4:00 Member's 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>Movie Monday</b> 4:00 Euchre	Aug. ballot submission deadline <b>21</b> 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:00 <b>Laughter Club</b> 1:30 Reach for Recovery Group 3:00 Darts 4:00 Member's Choice	10:30 <b>Fish Creek Park</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 12:00 <b>Calgary Zoo: Limited Mobility</b> 2:00 Kings and Jokers 4:00 Member's Choice	10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	Aug. ballots ready for pick up <b>25</b> 11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Member's Choice
<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 Clue 4:00 Member's 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 10, 000 Dice	10:30 <b>Heritage Park</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	11:00 <b>Artistic Trading Cards</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 1:00 <b>Explore your City: Thai Rolled Ice Cream</b> 2:00 Quiddler 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 Staff and Member's Game	

## August Ballot Information

August ballots will be available for members to fill out their program choices on **Thursday, July 19<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday, July 24<sup>th</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday, July 28<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 **Wednesday, Aug. 1<sup>st</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



### **Colouring Therapy: Aug. 1<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.

### **Picnic in the Park: Aug. 2<sup>nd</sup> at 1:00pm**

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

### **Farmer's Market: Aug. 3<sup>rd</sup> at 2:00pm**

We will take transit to Kingsland and explore the market. Lunch will be provided onsite. Please dress for the weather.

### **Coffee Cruisers: Aug. 7<sup>th</sup> & 21<sup>st</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.

### **Natural Light Photography: Aug. 8<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.

### **Games in the Park: Aug. 9<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.

### **Guitar Compass: Aug 10<sup>th</sup> at 11:00am**

Join Luke for an introduction to the guitar. Learn some simple chords and how to tune the guitar while socializing and creating music!

### **Texas Hold 'Em: Aug. 11<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: Aug. 13<sup>th</sup> at 12:15pm**

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

### **Zentangles: Aug. 14<sup>th</sup> at 11:00am**

Explore the fun patterns you can create with pen and ink! Using summer as inspiration to create amazing Zentangle art!

### **William Watson Day Trip: Aug. 15<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\***

### **Explore Your City: Pie Junkie: Aug. 16<sup>th</sup> at 1:00pm**

Join us for a sweet treat at Pie Junkie! Pie Junkie is a proper pie shop, making sweet and savoury pies the way your grandmother did — with love and pride.

### **Mindfulness Program: Aug. 17<sup>th</sup> & 31<sup>st</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: Aug. 18<sup>th</sup> at 2:00pm**

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

### **Talk and Walk for Wellness: Aug. 20<sup>th</sup> & 27<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.

### **Movie Monday: Aug. 20<sup>th</sup> at 3:00pm**

Showing: The Foreigner. After his daughter is killed by terrorists, a sullen restaurateur seeks the identities of those responsible and travels to Ireland to take vengeance.

### **Laughter Club: Aug. 21<sup>st</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!!!

### **Fish Creek Park: Aug. 22<sup>nd</sup> 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.

### **Calgary Zoo: Limited Mobility: Aug. 23<sup>rd</sup> 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.

### **Air Hockey Tournament: Aug. 25<sup>th</sup> at 2:00pm**

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

### **Music Appreciation: Aug. 27<sup>th</sup> at 3:00pm**

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

### **Heritage Park: Aug 28<sup>th</sup> at 10:30am**

We will take city transit to Heritage Park and spend the day. A light snack will be provided. We will provide a light snack ONLY. Please pack a lunch, wear good walking shoes and dress for the weather.

### **Artistic Trading Cards: Aug. 29<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.

### **Explore your City: Thai Rolled Ice Cream: Aug. 30<sup>th</sup> at 1:00pm**

Try a sweet treat that hails from Thailand. We will lrt & walk to China Town to try ice cream that is scooped, swirled, and made with liquid nitrogen, at Sweet Tooth Ice Cream shop.

