


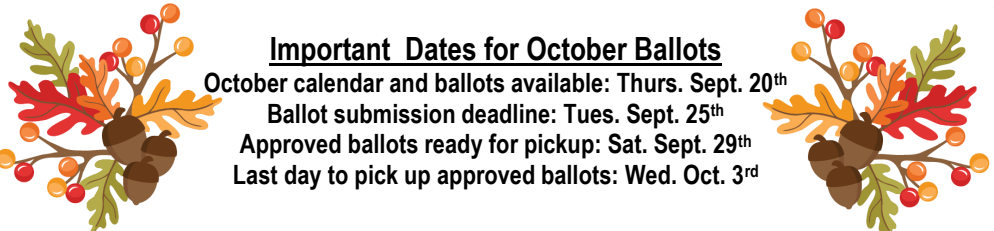


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Dance and Movement 4:00 Crowns</p>	<p>2</p> <p>10:30 Coffee Cruisers 10:30 <i>Smoking Cessation</i> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Ignite: Opioid Awareness Project 4:00 Member's Choice</p>	<p>3</p> <p>Oct. ballot pick up deadline</p> <p>12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG</p>	<p>4</p> <p>10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 10, 00 Dice 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice</p>	<p>5</p> <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>	<p>6</p> <p>11:30 Coffee & Snack 1:00 Wizard 2:00 Ping Pong Tournament 4:00 Member's Choice</p>
<p>7</p> <p>11:30 Coffee & Snack 12:00 Bingo 2:00 Risk 4:00 Member's Choice</p>	<p>8</p> <p>Thanksgiving Day</p> <p>12:00 Turkey Toss Game 1:00 Ice Cream Turkey Legs & Free Coffee 2:00 Canasta Tournament 4:00 Pokeno</p>	<p>9</p> <p>10:30 <i>Smoking Cessation</i> 11:00 Artistic Trading Cards 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Darts 4:00 Member's Choice</p>	<p>10</p> <p>12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG</p>	<p>11</p> <p>10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Quiddler 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice</p>	<p>12</p> <p>10:30 Word Jumble & Treats 11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice</p>	<p>13</p> <p>11:30 Coffee & Snack 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice</p>
<p>14</p> <p>11:30 Coffee & Snack 12:00 Bingo 2:00 Phase 10 4:00 Member's Choice</p>	<p>15</p> <p>10:30 Hidden Pictures & Treats 11:00 Bowling 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Movie Classics 4:00 Bananagrams</p>	<p>16</p> <p>10:30 Coffee Cruisers 10:30 <i>Smoking Cessation</i> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:30 SRS Meal set-up</p>	<p>17</p> <p> 2:00 Harvest Meal</p>	<p>18</p> <p>Nov. ballots available after 4pm</p> <p>10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Eights 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice</p>	<p>19</p> <p>10:30 Word Jumble & Treats 10:45 Mindfulness Program 11:00 <i>Guitar Compass</i> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice</p>	<p>20</p> <p>11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice</p>
<p>21</p> <p>11:30 Coffee & Snack 12:00 Bingo 2:00 Guillotine 4:00 Member's Choice</p>	<p>22</p> <p>10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Fitness 101 2:00 Canasta Tournament 3:00 Music Appreciation 4:00 Qwirkle</p>	<p>23</p> <p>Nov. ballot submission deadline</p> <p>12:00 Noon Hour Game 12:15 Social Dining Experience 1:30 Reach for Recovery Group 1:00 Talk and Walk for Wellness 3:00 Pool 4:00 Member's Choice</p>	<p>24</p> <p>12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG</p>	<p>25</p> <p>10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Skip-bo 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice</p>	<p>26</p> <p>10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:00 Gym Time 1:30 Bingo 4:00 Staff and Member's Game</p>	<p>27</p> <p>Nov. ballots ready for pick up</p> <p>11:30 Coffee & Snack 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice</p>
<p>28</p> <p>11:30 Coffee & Snack 12:00 Bingo 2:00 Settlers of Catan 4:00 Member's Choice</p>	<p>29</p> <p>10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 2:00 Canasta Tournament 3:00 Pumpkin Carving 4:00 Euchre</p>	<p>30</p> <p>11:00 Natural Light Photography 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:30 SRS Dance set-up</p>	<p>31</p> <p>Nov. ballot pick up deadline</p> <p> 2:00 Halloween Dance</p>	<p>Important Dates for October Ballots October calendar and ballots available: Thurs. Sept. 20th Ballot submission deadline: Tues. Sept. 25th Approved ballots ready for pickup: Sat. Sept. 29th Last day to pick up approved ballots: Wed. Oct. 3rd</p> 		

October Ballot Information

October ballots will be available for members to fill out their program choices on **Thursday, Sept. 20th**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday, Sept. 25th**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday, Sept. 29th**, 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, Oct. 3rd**, 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.

Smoking Cessation: Quitting smoking can be tough. Join Quitcore facilitators, Chad and Shelley as they assist in helping develop a quit plan that will work for you. Topics include support techniques and aids, tips on stress management and how to prevent relapse. This is a 6 week program, member sign up is closed as of August 31, 2018.

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



Dance & Movement: Oct. 1st at 3:00pm

This program incorporates 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

Coffee Cruisers: Oct. 2nd & 16th 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.

Ignite: Opioid Awareness Project: Oct. 2nd at 2:00pm

The purpose of this project is to bring public awareness to the opioid crisis and stigma of substance use in Calgary. This project will use creativity as a therapeutic outlet for those who have experienced the crisis, and a learning tool for the public through art exhibits in Calgary. Painting, drawing and clay sculpting supplies as well as collage, wood burning and carving will be provided as well as any support or education needed to share your story through creative expression. Artwork will then be displayed so the public can be informed on the opioid crisis, harm reduction and anti-stigma messaging.

Relaxation Group: Oct. 4th, 11th, 18th & 25th 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.

Ping Pong Tournament: Oct. 6th at 2:00pm

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

Artistic Trading Cards: Oct. 9th 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.

Colouring Therapy: Oct. 12th 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: Oct. 13th at 2:00pm

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

Bowling: Oct. 15th 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 Classics: Oct. 15th at 3:00pm

Showing: Ghostbusters: When ghosts swarm Manhattan, four smart women form a paranormal elimination squad to hunt down the malevolent apparitions and stop an apocalypse.

Harvest Meal: Oct. 17th at 2:00pm

Join us for a delicious Thanksgiving meal! An enjoyable afternoon with opportunity for gratitude, great food and great company!

If registered, sign-in begins at 12:00.

Mindfulness Program: Oct. 19th at 10:45am

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.

Fitness 101: Oct. 22nd at 1:00pm

Are you interested in starting a workout plan but just the thought of going to the gym causes you anxiety? You're not alone! Join Alysia in this information based program.

Together we'll take Calgary Transit to Repsol Sport Centre. Once there, we'll learn the basics of a well-rounded workout program including effective warm up options, introduction to cardio and strength training machines and a quick tour to ensure you know where to go and who to talk to if you have questions; Because we all have questions when we're learning new things.

***participants should have their Calgary Recreation Assistance card.**

Music Appreciation: Oct. 22nd at 3:00pm

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

Social Dining Experience: Oct. 23rd at 12:15pm

Join us for an afternoon as we dine and socialize at one of Calgary's natural health pioneers Community Natural Foods.

Talk and Walk for Wellness: Oct. 23rd & 29th 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.

Gym Time: Volleyball: Oct. 26nd at 1:00pm

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

Texas Hold 'Em: Oct. 27th at 2:00pm

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

Pumpkin Carving: Oct. 29th at 3:00pm

Join us for a classic Halloween tradition; carving pumpkins! Finished pumpkins will be used to decorate the Centre for the Halloween Dance.

Natural Light Photography: Oct. 30th 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. bring a bottle of water, and dress for the weather.

Halloween Dance: Oct. 31st at 2:00pm

Come down, dressed in your best Halloween costume, and dance. Win spot dance prizes, enjoy some themed food, and have FUN! Best Costume Prizes will be awarded!. **Sign-in starts at 12:00pm**

