



SUPPORT & RECREATION SERVICES November 2018

1019 – 7 Ave S.W. Calgary Alberta T2P1A8 Ph: (403) 266-8711 Web Site: elementscmh.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>Important Dates for November Ballots November calendar and ballots available: Thurs. Oct. 18th Ballot submission deadline: Tues. Oct. 23rd Approved ballots ready for pickup: Sat. Oct. 27th Last day to pick up approved ballots: Wed. Oct. 31st</p>				1	2	3
					10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Dominos 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	10:30 Word Jumble & Treats 10:45 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:00 <i>Guitar Compass</i> 1:30 Bingo 4:00 Member's Choice	11:30 Coffee & Snack 1:00 Wizard 2:30 Karaoke
4	5	6	7	8	9	10	
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 1:00 Talk and Walk for Wellness 2:00 Canasta Tournament 3:00 Dance and Movement 4:00 Crowns	10:30 Coffee Cruisers 11:15 Lunchbox Theatre 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	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 2:00 Quiddler 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	10:30 Word Jumble & Treats 10:45 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 3:30 Next Step Nutrition: Q & A 4:00 Member's Choice	11:30 Coffee & Snack 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice	
11	12	13	14	15	16	17	
<div style="border: 1px solid black; padding: 2px; display: inline-block;">Remembrance Day</div> 10:30 TV Memorial Service with Warm Beverage and Cinnamon Bun 12:00 Bingo 2:00 Bananagrams 4:00 Member's Choice 	12:00 Noon Hour Game 2:00 Canasta Tournament 4:00 Pictionary	11:00 Natural Light Photography 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Scams and Fraud 3:00 Pool 4:00 Member's Choice	12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	Dec. 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	10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:00 Gym Time 1:30 Bingo 4:00 Member's Choice	11:30 Coffee & Snack 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice	
18	19	20	21	22	23	24	
11:30 Coffee & Snack 12:00 Bingo 2:00 Hearts 4:00 Member's Choice	10:30 Hidden Pictures & Treats 11:00 Bowling 12:00 Noon Hour Game 1:00 Fitness 101 2:00 Canasta Tournament 4:00 Jenga	Dec. ballot submission deadline 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Music Appreciation 3:00 Darts 4:00 Member's Choice	12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Blokus 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:00 <i>Guitar Compass</i> 1:30 Bingo 4:00 Member's Choice	Dec. ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 2:00 Ping Pong Tournament 4:00 Member's Choice	
25	26	27	28	29	30		
11:30 Coffee & Snack 12:00 Bingo 1:00 PALS program pt.1 1:30 PALS Program pt. 2 4:00 Member's Choice	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 2:00 Canasta Tournament 4:00 Tile Rummy	11:00 Colouring Therapy 12:00 Noon Hour Game 12:15 Social Dining Experience 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	Dec. ballot pick up deadline 12:00 Noon Hour Game 1:30 Crib Tournament 2:00 Goodbye Lynne & Brian 4:30 LG/FG	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	10:30 Word Jumble & Treats 10:45 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Staff and Member's Game		

November Ballot Information

November ballots will be available for members to fill out their program choices on **Thursday, Oct. 18th**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday, Oct. 23rd**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday, Oct. 27th**, 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. 31st**, 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



Relaxation Group: Nov. 1st, 15th, 22nd & 29th 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.

Mindfulness Program: Nov. 2th, 9th & 30th 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.

Karaoke: Nov. 3rd 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: Nov. 5th & 26th 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.

Dance & Movement: Nov. 5th at 3:00pm

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

Coffee Cruisers: Nov. 6th & 20th 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.

Lunchbox Theatre: Nov. 6th at 11:15am

We will lrt and walk to Lunchbox theatre downtown, and enjoy a theatre production of "Brave Girl". Taking its inspiration from the life of Sandra Perron, Canada's first female infantry officer, this beautiful new Remembrance musical examines the life of women in power and the sacrifices that must be made.

Next Step Nutrition: Q & A: Nov. 9th at 2:00pm

Join Ruth from Nutrition Compass as she answers some of the most common questions related to food and nutrition. Questions will be collected from members prior to the presentation.

Air Hockey Tournament: Nov. 10th at 2:00pm

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

Natural Light Photography: Nov. 13th 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. Please bring a bottle of water, and dress for the weather.

Scams and Fraud: Nov. 13th 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!

Gym Time: Basketball: Nov. 16th at 1:00pm

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

Texas Hold 'Em: Nov. 17th at 2:00pm

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

Bowling: Nov. 19th 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.

Fitness 101: Nov. 19nd 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.**

Ping Pong Tournament: Nov. 24th at 2:00pm

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

Music Appreciation: Nov. 26th at 3:00pm

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

Colouring Therapy: Nov. 27th 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.

Social Dining Experience: Nov. 27th at 12:15pm

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

Goodbye Lynne & Brian. Nov. 28th at 2:00pm

Join us as we bid farewell to Lynne and Brian who are both retiring this year. Enjoy a light lunch and reminisce about the many memories they've helped create.

