





SUPPORT & RECREATION SERVICES December 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
30 11:30 Coffee & Snack 2:00 Bananagrams 4:00 Member's Choice	31 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 4:00 Qwirkle	 <div style="border: 1px dashed black; padding: 5px; margin: 10px auto; width: 80%;"> <p>Important Dates for December Ballots December calendar and ballots available: Thurs. Nov. 15th Ballot submission deadline: Tues. Nov. 20th Approved ballots ready for pickup: Sat. Nov. 24th Last day to pick up approved ballots: Wed. Nov. 28th</p> </div>					1 11:30 Coffee & Snack 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice
2 11:30 Coffee & Snack 12:00 Bingo 2:00 Phase 10 4:00 Member's Choice	3 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk and Walk for Wellness 2:00 Canasta Tournament 4:00 Blokus	4 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:30 SRS Party Set-up	5  2:00 Member's Christmas Party 	6 10:30 Coffee Talk 11:00 Colouring Therapy 12:00 Noon Hour Game 2:00 Eights 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	7 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	8 11:30 Coffee & Snack 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice	
9 11:30 Coffee & Snack 12:00 Bingo 2:00 Settlers of Catan 4:00 Member's Choice	10 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Dance and Movement 4:00 Quiddler	11 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Artistic Trading Cards 3:00 Darts 4:00 Member's Choice	12 11:00 <i>Donor's Social</i> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	13 10:30 Coffee Talk 12:00 Noon Hour Game 1:30 Christmas Carol Karaoke 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	14 10:30 Word Jumble & Treats 10:45 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	15 11:30 Coffee & Snack 1:00 Wizard 2:00 Ping Pong Tournament 4:00 Member's Choice	
16 11:30 Coffee & Snack 12:00 Bingo 2:00 Guillotine 4:00 Member's Choice	17 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Christmas Movie 4:00 Tile Rummy	18 10:30 Coffee Cruisers 12:00 Noon Hour Game 2:00 Christmas Creations 3:00 Pool 4:00 Member's Choice	19 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	20 Jan. ballots available after 4pm 10:30 Coffee Talk 12:00 Noon Hour Game 2:00 Euchre 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	21 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	22 11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice	
23 11:30 Coffee & Snack 12:00 Bingo 2:00 Ticket to Ride 4:00 Member's Choice	24 <div style="border: 1px solid black; padding: 2px; text-align: center; margin-bottom: 5px;">Christmas Eve</div> 10:30 Hidden Pictures & Treat 12:00 Special Christmas Noon Hour Game 2:00 Open Activity 4:00 Member's Choice	25 Jan. ballot submission deadline <div style="border: 1px solid black; padding: 2px; text-align: center; margin-bottom: 5px;">Christmas Day</div> 11:00 Christmas Jigsaw Puzzle 12:00 Canasta 2:00 Scrabble 4:00 Member's Choice	26 <div style="border: 1px solid black; padding: 2px; text-align: center; margin-bottom: 5px;">Boxing Day</div> 11:00 Christmas Loaf, Coffee, Tea & Hot Chocolate Boxing Day Bingo 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3	27 12:00 Wizard 2:00 Open Activity 4:00 Member's Choice	28 10:30 Word Jumble & Treats 12:00 Member's Choice 2:00 Open Activity 4:00 Staff and Member's Game	29 Jan. ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 4:00 Member's Choice	

December Ballot Information

December ballots will be available for members to fill out their program choices on **Thursday, Nov. 15th**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday, Nov. 20th**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday, Nov. 24th**, 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, Nov. 28th**, 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



Elements Christmas Advent Calendar!

Join us every day in December at 3:00pm as we count down the days until Christmas!
Each day, staff will open a surprise Christmas bag with either an activity or prize inside!
Come down and share in the Christmas spirit!

Activities and prizes will vary.

Texas Hold 'Em: Dec. 1st at 2:00pm

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

Talk and Walk for Wellness: Dec. 3rd 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.

Coffee Cruisers: Dec. 4th & 18th 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.

Member's Christmas Party: Dec. 5th at 2:00pm

Come down for an afternoon of Christmas fun, presents and yummy treats. Join in sharing Christmas cheer!

Colouring Therapy: Dec. 6th 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: Dec. 8th at 2:00pm

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

Dance & Movement: Dec. 10th 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

Artistic Trading Cards: Dec. 11th at 2:00pm

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.

Christmas Carol Karaoke: Dec. 13th at 1:30pm

A time for coming together in the SRS and sharing in song. An opportunity for all to choose a Christmas carol and sing it together. Lots of hot chocolate and treats!

Mindfulness Program: Dec. 14th 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.

Ping Pong Tournament: Dec. 15th at 2:00pm

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

Christmas Movie: Dec. 17th at 3:00pm

Showing: Elf: After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity.

Christmas Creations: Dec. 18th at 2:00pm

Create a festive treat holder as well as a beautiful string art masterpiece to keep or gift!
Two crafts in one session!

