

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>Happy New Year!</b> 11:00 Donuts, Coffee, Tea, & Hot Chocolate <u>New Year's Day Bingo</u> 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3	Jan. ballots pick up deadline <b>2</b>  12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>3</b>  10:30 Coffee Talk 12:00 Noon Hour Game 2:00 Euchre 4:00 Member's Choice	<b>4</b>  10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 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 <b>Karaoke</b>
		<b>6</b>  11:30 Coffee & Snack 12:00 Bingo 2:00 Settlers of Catan 4:00 Member's Choice	<b>7</b>  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 Classics</b> 4:00 Qwirkle	<b>8</b>  10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Themed Creations pt. 1</b> 3:00 Darts 4:00 Member's Choice	<b>9</b>  12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>10</b>  11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Blockus 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice
<b>13</b>  11:30 Coffee & Snack 12:00 Bingo 2:00 Hearts 4:00 Member's Choice	<b>14</b>  10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Fitness 101</b> 2:00 Canasta Tournament 4:00 Crowns	<b>15</b>  11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	<b>16</b>  12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>Feb. ballots available after 4pm 17</b>  10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 10, 000 Dice 4:00 <i>Hobby Crafts</i> 4:00 REC Calendars and Ballots	<b>18</b>  10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:00 <i>Guitar Compass</i> 1:30 Bingo 4:00 Member's Choice	<b>19</b>  11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Member's Choice
<b>20</b>  11:30 Coffee & Snack 12:00 Bingo 2:00 Bananagrams 4:00 Member's Choice	<b>21</b>  10:30 Hidden Pictures & Treats 11:00 <b>Bowling</b> 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Dance and Movement</b> 4:00 Quiddler	<b>Feb. ballot submission deadline 22</b>  10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Themed Creations pt. 2</b> 3:00 Darts 4:00 Member's Choice	<b>23</b>  12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>24</b>  11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 <b>Tech Tips</b> 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<b>25</b>  10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:00 <b>Gym Time</b> 1:30 Bingo 4:00 Staff & Member's Game	<b>Feb. ballots ready for pick up 26</b>  11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Texas Hold'em</b> 4:00 Member's Choice
<b>27</b>  11:30 Coffee & Snack 12:00 Bingo 2:00 Karma 4:00 Member's Choice	<b>28</b>  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 Eights	<b>29</b>  12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Wii Games</b> 3:00 Pool 4:00 Member's Choice	<b>Feb. ballots pick up deadline 30</b>  12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>31</b>  10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Yatzee 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: center;"><b>Important Dates for January Ballots</b></p> <p style="text-align: center;">January calendar and ballots available: Thurs. Dec. 20<sup>th</sup></p> <p style="text-align: center;">Ballot submission deadline: Tues. Dec. 25<sup>th</sup></p> <p style="text-align: center;">Approved ballots ready for pickup: Sat. Dec. 29<sup>th</sup></p> <p style="text-align: center;">Last day to pick up approved ballots: Wed. Jan. 2<sup>nd</sup></p>	

## January Ballot Information

January ballots will be available for members to fill out their program choices on **Thursday Dec. 20<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Dec. 25<sup>th</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Dec. 29<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 **Wed. Jan. 2<sup>nd</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 Harrison, Karen, Luke or Taya*

*\*Calendar is subject to change\**

## Special Activity Highlights: These Events Require Sign Up



### **Mindfulness Program: Jan. 4<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> 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: Jan. 5<sup>th</sup> 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: Jan. 7<sup>th</sup> & 28<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 Classics: Jan. 7<sup>th</sup> at 3:00pm**

Showing: Twins: When he discovers he has a twin, studious Julius sets out to find his long-lost sibling and is shocked to discover his brother is a petty crook.

### **Coffee Cruisers: Jan. 8<sup>th</sup> & 22<sup>nd</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.

### **Themed Creations: Part 1 & 2: Jan. 8<sup>th</sup> & 22<sup>nd</sup> at 2:00pm**

Create a fun and functional 12 month desk calendar! Get crafty with a variety of different materials to help inspire your creative side!

**Member's must sign-up for both sessions**

### **Relaxation Group: Jan. 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup> 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: Jan. 12<sup>th</sup> at 2:00pm**  
Regardless of your skill level, join us for some Ping Pong—tournament style!

### **Fitness 101: Jan. 14<sup>th</sup> 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.**

### **Colouring Therapy: Jan. 15<sup>th</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.

### **Air Hockey Tournament: Jan. 19<sup>th</sup> at 2:00pm**

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

### **Bowling: Jan. 21<sup>st</sup> 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.

### **Dance & Movement: Jan. 21<sup>st</sup> 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.

### **Tech Tips 101: Jan. 24<sup>th</sup> at 2:00pm**

We live in a world where technology runs everything! But do we really know how to use it? Join Harrison in this comprehensive guide to some of the most useful tips and tricks to help navigate today's technology.

### **Gym Time: Jan. 25<sup>th</sup> 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: Jan. 26<sup>th</sup> at 2:00pm**

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

### **Music Appreciation: Jan. 28<sup>th</sup> at 3:00pm**

Join us as we explore the musical talent of an interesting person or band.

### **Wii Games: Jan. 29<sup>th</sup> at 2:00pm**

This will be an interactive and social program in the multipurpose room playing the Wii while enjoying each other's company.

