

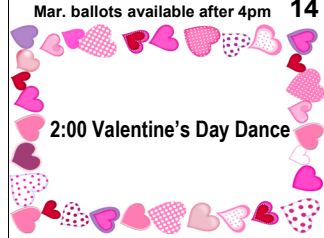
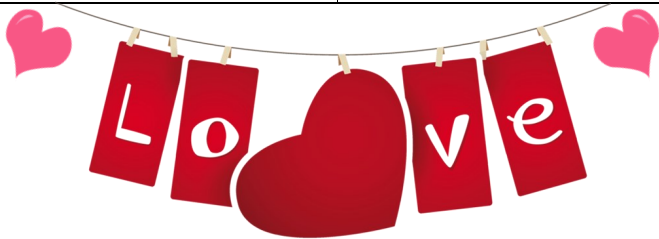


# SUPPORT & RECREATION SERVICES February 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<div style="border: 1px dashed black; padding: 5px;"> <p><b>Important Dates for February Ballots</b>            February calendar and ballots available: Thurs. Jan. 17<sup>th</sup>            Ballot submission deadline: Tues. Jan. 22<sup>nd</sup>            Approved ballots ready for pickup: Sat. Jan. 26<sup>th</sup>            Last day to pick up approved ballots: Wed. Jan. 30<sup>th</sup></p> </div>				<p>1</p> <p>10:30 Word Jumble &amp; 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</p>	<p>2</p> <p>11:30 Coffee &amp; Snack            1:00 Wizard            2:00 Crowns            4:00 Member's Choice</p>
<p>3</p> <p>11:30 Coffee &amp; Snack            12:00 Bingo            2:00 Coup            4:00 Member's Choice</p>	<p>4</p> <p>10:30 Hidden Pictures &amp; Treats            11:00 <b>Bowling</b>            12:00 Noon Hour Game            2:00 Canasta Tournament            3:00 <b>Docu-zone</b>            4:00 Jenga</p>	<p>5</p> <p>10:30 <b>Coffee Cruisers</b>            12:00 Noon Hour Game            1:00 <b>Monster Mini Golf</b>            1:30 Reach for Recovery Group            3:00 Darts            4:00 Member's Choice</p>	<p>6</p> <p>12:00 Noon Hour Game            1:30 Crib Tournament            3:30 Wizard            4:30 LG/FG</p>	<p>7</p> <p>10:30 Coffee Talk            11:45 <b>Relaxation Group</b>            12:00 Noon Hour Game            2:00 Quiddler            4:00 <i>Hobby Crafts</i>            4:00 Member's Choice</p>	<p>8</p> <p>10:30 Word Jumble &amp; Treats            11:00 <b>Mindfulness Program</b>            12:00 Noon Hour Game            12:00 LG/FG            12:00 <b>Gym Time</b>            1:30 Bingo            4:00 Member's Choice</p>	<p>9</p> <p>11:30 Coffee &amp; Snack            1:00 Wizard            2:00 <b>Air Hockey Tournament</b>            4:00 Member's Choice</p>	
<p>10</p> <p>11:30 Coffee &amp; Snack            12:00 Bingo            2:00 Karma            4:00 Member's Choice</p>	<p>11</p> <p>10:30 Hidden Pictures &amp; Treats            12:00 Noon Hour Game            2:00 Canasta Tournament            3:00 <b>Movie Monday</b>            4:00 Qwirkle</p>	<p>12</p> <p>12:00 Noon Hour Game            1:00 <b>Talk and Walk for Wellness</b>            1:30 Reach for Recovery Group            2:00 <b>Themed Creations</b>            3:00 Pool            4:00 Member's Choice</p>	<p>13</p> <p>12:00 Noon Hour Game            1:30 Crib Tournament            2:00 SRS Dance Set-up</p>	<p>14</p> <p>Mar. ballots available after 4pm</p> <p>2:00 <b>Valentine's Day Dance</b></p> 	<p>15</p> <p>10:30 Word Jumble &amp; 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</p>	<p>16</p> <p>11:30 Coffee &amp; Snack            1:00 Wizard            2:00 <b>Ping Pong Tournament</b>            4:00 Member's Choice</p>	
<p>17</p> <p>11:30 Coffee &amp; Snack            12:00 Bingo            2:00 Guillotine            4:00 Member's Choice</p>	<p>18</p> <p><b>Family Day</b></p> <p>11:00 Free Coffee &amp; Tea            12:00 Noon Hour Game            2:00 Canasta Tournament            4:00 10, 000 Dice</p>	<p>19</p> <p>Mar. ballot submission deadline</p> <p>10:30 <b>Coffee Cruisers</b>            12:00 Noon Hour Game            2:00 <b>Artistic Trading Cards</b>            3:00 Darts            4:00 Member's Choice</p>	<p>20</p> <p>12:00 Noon Hour Game            1:30 Crib Tournament            3:30 Wizard            4:30 LG/FG</p>	<p>21</p> <p>10:30 Coffee Talk            12:00 Noon Hour Game            2:00 Yahtzee            4:00 <i>Hobby Crafts</i>            4:00 Member's Choice</p>	<p>22</p> <p>10:30 Word Jumble &amp; Treats            12:00 Noon Hour Game            12:00 LG/FG            1:30 Bingo            4:00 Staff &amp; Member's Game</p>	<p>23</p> <p>Mar. ballots ready for pick up</p> <p>11:30 Coffee &amp; Snack            1:00 Wizard            2:00 <b>Texas Hold'em</b>            4:00 Member's Choice</p>	
<p>24</p> <p>11:30 Coffee &amp; Snack            12:00 Bingo            1:00 <b>PALS Program pt. 1</b>            1:30 <b>PALS Program pt. 2</b>            4:00 Member's Choice</p>	<p>25</p> <p>10:30 Hidden Pictures &amp; Treats            12:00 Noon Hour Game            1:00 <b>Talk and Walk for Wellness</b>            2:00 Canasta Tournament            3:00 <b>Dance and Movement</b>            4:00 Hearts</p>	<p>26</p> <p>11:00 <b>Colouring Therapy</b>            12:00 Noon Hour Game            1:30 Reach for Recovery Group            2:00 <b>Music Appreciation</b>            3:00 Pool            4:00 Member's Choice</p>	<p>27</p> <p>Mar. ballots pick up deadline</p> <p>12:00 Noon Hour Game            1:30 Crib Tournament            3:30 Wizard            4:30 LG/FG</p>	<p>28</p> <p>10:30 Coffee Talk            11:45 <b>Relaxation Group</b>            12:00 Noon Hour Game            2:00 Clubs            4:00 <i>Hobby Crafts</i>            4:00 Member's Choice</p>			

## February Ballot Information

February ballots will be available for members to fill out their program choices on **Thursday Jan. 17<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Jan. 22<sup>nd</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Jan. 26<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. 30<sup>th</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 Todd 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: Feb. 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</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.

### **Bowling: Feb. 4<sup>th</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.

### **Docu-Zone: Feb. 4<sup>th</sup> at 3:00pm**

Join Karen for an interesting documentary film and great conversation afterwards.

### **Coffee Cruisers: Feb. 5<sup>th</sup> & 19<sup>th</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.

### **Monster Mini Golf: Feb. 5<sup>th</sup> at 1:00pm**

Join us for 18 holes of indoor monster madness mini golfing fun! Test your skills on this neat glow-in-the-dark indoor course! We will be taking the C-train and bus to the location.

### **Relaxation Group: Feb. 7<sup>th</sup> & 28<sup>th</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.

### **Gym Time: Feb. 8<sup>th</sup> at 12:00pm**

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.

### **Air Hockey Tournament: Feb. 9<sup>th</sup> at 2:00pm**

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

### **Movie Monday: Feb. 11<sup>th</sup> at 3:00pm**

Showing: Black Panther: T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past.

### **Talk & Walk for Wellness: Feb. 12<sup>th</sup> & 25<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.

### **Themed Creations: Feb. 12<sup>th</sup> at 2:00pm**

February is the month of Love so let's create some self love! Create a mini deck of cards focusing on your many positive traits. A variety of different materials will be provided.

### **Valentine's Day Dance: Feb. 14<sup>th</sup> at 2:00pm**

Join us for a fun afternoon of dancing and a light lunch. No partner needed just a desire to have fun!

### **Ping Pong Tournament: Dec. 16<sup>th</sup> at 2:00pm**

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

### **Artistic Trading Cards: Feb. 19<sup>th</sup> 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.

### **Texas Hold 'Em: Feb. 23<sup>rd</sup> at 2:00pm**

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

### **PALS Program: Feb. 24<sup>th</sup> at 1:00pm OR 1:30pm**

Volunteers from Pet Access League Society will be coming to join us with their pet therapy program. Members will gather in the pool room and have a 30 min session (A or B) to enjoy the company of a 4-legged volunteer working dog or cat. **Please do not sign up if you have allergies.**

### **Dance & Movement: Feb. 25<sup>th</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.

### **Colouring Therapy: Feb. 26<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.

### **Music Appreciation: Feb. 26<sup>th</sup> at 2:00pm**

Join Luke to explore the musical talent of an interesting person or band.

