





Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Important Dates for May Ballots May calendar and ballots available: Thurs. Apr. 18th Ballot submission deadline: Tues. Apr. 23rd Approved ballots ready for pickup: Sat. Apr. 27th Last day to pick up approved ballots: Wed. May 1st</p> </div> 			<p style="text-align: right;">1</p> 12:00 Goodbye Bev 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;">2</p> 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Farkle 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: right;">3</p> 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	<p style="text-align: right;">4</p> 11:30 Coffee & Snack 1:00 Wizard 2:30 Karaoke
		<p style="text-align: right;">5</p> 11:30 Coffee & Snack 12:00 Bingo 2:00 Crazy Eights 4:00 Member's Choice	<p style="text-align: right;">6</p> 10:30 Hidden Pictures & Treats 11:00 Bowling 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Dance and Movement 4:00 Bananagrams	<p style="text-align: right;">7</p> 11:00 Colouring Therapy 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Music Appreciation 3:00 Darts 4:00 Member's Choice	<p style="text-align: right;">8</p> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;">9</p> 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Tile Rummy 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice
<p style="text-align: right;">12</p> 11:30 Coffee & Snack 12:00 Bingo 2:00 Karma 4:00 Member's Choice	<p style="text-align: right;">13</p> 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Fitness 101 2:00 Canasta Tournament 4:00 Qwirkle	<p style="text-align: right;">14</p> 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:00 Talk & Walk for Wellness 1:30 Reach for Recovery Group 2:30 SRS Meal Set-up	<p style="text-align: right;">15</p>  <p style="text-align: center;">2:00 Spring Meal</p>	<p style="text-align: right;">16</p> June ballots available after 4pm 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Crowns 4:00 <i>Hobby Crafts</i> 4:00 REC Calendar and Ballots	<p style="text-align: right;">17</p> 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	<p style="text-align: right;">18</p> 11:30 Coffee & Snack 11:30 Music Therapy pt. 2 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice
<p style="text-align: right;">19</p> 11:30 Coffee & Snack 12:00 Bingo 2:00 Phase 10 4:00 Member's Choice	<p style="text-align: right;">20</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> Victoria Day </div> 10:30 Spring Tea and Treats 12:00 Special Noon Hour Game 2:00 Canasta Tournament 4:00 Crowns	<p style="text-align: right;">21</p> June ballot submission deadline 11:00 Natural Light Photography 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice	<p style="text-align: right;">22</p> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;">23</p> 10:30 <i>Rewired</i> 10:30 Coffee Talk 12:00 Noon Hour Game 2:00 Tech Tips 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: right;">24</p> 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	<p style="text-align: right;">25</p> June ballots ready for pick up 11:30 Coffee & Snack 11:30 Music Therapy pt. 3 1:00 Wizard 2:00 Circles of Rhythm 4:00 Member's Choice
<p style="text-align: right;">26</p> 11:30 Coffee & Snack 12:00 Bingo 2:00 Codenames 4:00 Member's Choice	<p style="text-align: right;">27</p> 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 Movie Classics 4:00 Eights	<p style="text-align: right;">28</p> 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Themed Creations 3:00 Darts 4:00 Member's Choice	<p style="text-align: right;">29</p> June ballot pick up deadline 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<p style="text-align: right;">30</p> 10:30 <i>Rewired</i> 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Hearts 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	<p style="text-align: right;">31</p> 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:00 <i>Guitar Compass</i> 1:30 Bingo 4:00 Staff & Member's Game	

May Ballot Information

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

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

Ballots will be available in the phone room on **Saturday Apr. 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 **Wed. May 1st**, at closing, will be removed from draw spots.

Ballots will NOT be read over the phone.

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

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!

Hobby Crafts : Hobby Crafts is a group where members have the opportunity to choose and work on a craft of their choice, such as needle work, painting, sewing, scrapbooking, models etc. in a structured environment. This is a sessional based activity and is NOT drop-in.

Rewired: This is a 6 week program focusing on how our thoughts, feelings and behaviours impact our relationships. We will incorporate basic Cognitive Behavioural Therapy principles as we learn the skills necessary to build strong and healthy interpersonal relationships. Topics discussed include: Boundary Setting, Building Trust, Conflict Resolution, Building Confidence, Effective Communication and Self-Talk.

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.

If you have questions, comments or concerns regarding recreation please contact Harrison, Karen, Luke or Taya

*** Calendar Subject to Change***

*****Please be aware that if you are more than 10 minutes late for a ballot activity your spot in that activity will be forfeit and you will not be allowed to participate in it.*****

Special Activity Highlights: These Events Require Sign Up



Relaxation Group: May 2nd, 9th, 16th, & 30th 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: May 3th, 10th, 17th, 24th & 31st 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.

Karaoke: May 4th at 2:30pm

Join us for a fun afternoon of Karaoke and snacks. Please sign up as either "audience" or "singer".

Bowling: May 6th 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: May 6th 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: May 7th 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: May 7th at 2:00pm

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

Music Therapy: May 11th, 18th, 25th & June 1st, 8th, & 15th at 11:30am

Connect...Experience...Build Relationships...Enjoy Music. Come and attend 6 weeks of improvisation, singing and lyric analysis. Learning more about using music for well-being and relaxation. No prior music experience is required.

Air Hockey Tournament: May 11th at 2:00pm

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

Fitness 101: May 13th 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.*

Coffee Cruisers: May 14th & 28th 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.

Talk & Walk for Wellness: May 14th 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.

Spring Meal: May 15th at 2:00pm

Spring is HERE!! Join us while we enjoy a delicious gourmet meal to celebrate, and welcome this new season.

Texas Hold 'Em: May 18th at 2:00pm

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

Natural Light Photography: May 21st 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.

Tech Tips: May 23rd at 2:00pm

Join Harrison for an in-depth look at the changing WiFi networks and connections; discover what they all offer and what dangers they could possible bring.

Circles of Rhythm: May 25th at 2:00pm

"We have discovered that the therapeutic and community building benefits of drum circles are a powerful catalyst for lasting change. Come together with our outside facilitator, Jamie Gore for a simple, effective & creative drumming circle.

Movie Classics: May 27th at 3:00pm

Showing: Happy Gilmore: A failed hockey player turned unconventional golf whiz is determined to win a PGA tournament to save his grandmother's house with the prize money.

Themed Creations: May 28th at 2:00pm

The power of "I am..."
Join Karen for a fun afternoon creating your own personal affirmation flags. Class will be focused on positive traits you currently have or aspire to have. Let's have a conversation surrounding the power of positivity.

