



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
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			Important Dates for June Ballots June calendar and ballots available: Thurs. May 16 th Ballot submission deadline: Tues. May 21 st Approved ballots ready for pickup: Sat. May 25 th Last day to pick up approved ballots: Wed. May 29 th				1 11:30 Coffee & Snack 11:30 Music Therapy pt. 4 1:00 Wizard 2:00 Ticket to Ride 4:00 Member's Choice
2 11:30 Coffee & Snack 12:00 Bingo 2:00 Karma 4:00 Member's Choice	3 10:30 Hidden Pictures & Treats 11:00 Bowling 12:00 Noon Hour Game 2:00 Canasta Tournament 4:00 10,000 Dice	4 10:30 Coffee Cruisers 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 Themed Creations 3:00 Pool 4:00 Member's Choice	5 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 3:30 LG/FG	6 10:30 <i>Rewired</i> 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 12:30 Picnic in the Park 2:00 Blokus 4:00 <i>Hobby Crafts</i>	7 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 2:00 Let's Talk Employment 4:00 Member's Choice	8 11:30 Coffee & Snack 11:30 Music Therapy pt. 5 1:00 Wizard 2:00 Ping Pong Tournament 4:00 Member's Choice	
9 11:30 Coffee & Snack 12:00 Bingo 2:00 Guillotine 4:00 Member's Choice	10 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk & Walk for Wellness 2:00 Canasta Tournament 3:00 Dance and Movement 4:00 Crowns	11 11:00 Natural Light Photography 12:00 Noon Hour Game 1:30 Reach for Recovery Group 1:45 Explore Your City: Regal Cat Cafe 3:00 Darts 4:00 Member's Choice	12 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 3:30 LG/FG	13 10:30 <i>Rewired</i> 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 2:00 Euchre 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	14 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	15 11:30 Coffee & Snack 11:30 Music Therapy pt. 6 1:00 Wizard 2:00 Air Hockey Tournament 4:00 Member's Choice	
16 11:30 Coffee & Snack 12:00 Bingo 2:00 Crazy Eights 4:00 Member's Choice	17 10:30 Hidden Pictures & Treats 11:00 U-35: Bowling 12:00 Noon Hour Game 2:00 Artistic Trading Cards 2:00 Canasta Tournament 4:00 Yatzee	18 10:30 Coffee Cruisers 11:00 Morning Cooking 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Pool 4:00 Member's Choice 6:00 A.G.M	19 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 3:30 LG/FG	20 July ballots available after 4pm 10:30 <i>Rewired</i> 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 4:00 <i>Hobby Crafts</i> 4:00 REC Calendar & Ballots	21 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	22 11:30 Coffee & Snack 1:00 Wizard 2:00 Crowns 4:00 Member's Choice	
23 11:30 Coffee & Snack 12:00 Bingo 2:00 Coup 4:00 Member's Choice	24 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 Talk & Walk for Wellness 2:00 Canasta Tournament 3:00 Movie Classics 4:00 Jenga	25 July ballot submission deadline 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	26 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 3:30 LG/FG	27 10:30 <i>Rewired</i> 10:30 Coffee Talk 11:45 Relaxation Group 12:00 Noon Hour Game 1:00 Explore Your City: Bubble Tea 2:00 Quiddler 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	28 10:30 Word Jumble & Treats 11:00 Mindfulness Program 12:00 Noon Hour Game 12:00 LG/FG 1:00 Games in the Park 1:30 Bingo 4:00 Staff & Member's Game	29 July ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 2:00 Texas Hold'em 4:00 Member's Choice	

June Ballot Information

June ballots will be available for members to fill out their program choices on **Thursday May 16th**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday May 21st**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday May 25th**, 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 29th**, 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 3:30pm 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



Bowling: June 3rd 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.

Coffee Cruisers: June 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.

Themed Creations: June 4th at 2:00pm

Come build your own terrarium! Join Karen as we repurpose coffee pots into fun & unique terrariums. Terrariums will have a live plant & embellishments of your choice.

Relaxation Group: June 6th, 13th, 20th, & 27th 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.

Picnic in the Park: June 6th at 12:30pm

Join us for a short walk to a nearby park and share in a delicious picnic with great conversation.

Mindfulness Program: June 7th & 28th 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.

Let's Talk Employment: June 7th at 2:00pm

Join Rahim from The McBride Career Group for an informative workshop discussing a variety of different employment focused services. Emphasis will be placed on the StepUp to Success program that targets individuals with low literacy and essential skills to help gain meaningful employment opportunities.

Ping Pong Tournament: June 8th at 2:00pm

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

Talk & Walk for Wellness: June 10th & 24th 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: June 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.

Natural Light Photography: June 11th 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.

Explore Your City: Regal Cat Café: June 11th at 1:45pm

Join us and up to a dozen furry felines at Regal Cat Café. We will walk to Kensington, and enjoy 45 minutes petting friendly cats all sponsored by the MEOW foundation. If you have allergies, you can still join us by sitting in their fresh air ventilated café and enjoy a beverage and view.

Air Hockey Tournament: June 15th at 2:00pm

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

U-35: Bowling: June 17th at 11:00am

Are you under 35 years of age and love to bowl? 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.

****this activity is for members under the age of 35 only****

Artistic Trading Cards: June 17th 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 to be kept, traded or gifted.

Morning Cooking: June 18th at 11:00am

Who loves homemade pizza? Join Karen and create your own personal pizza! Knead your dough & pick your toppings! Come learn new skills or sharpen up your old skills.

****Must be able to stand for 2 hrs.****

Movie Classics: June 24th at 3:00pm

Showing: Kindergarten Cop: A cop gets more than he bargained for when he goes undercover as a kindergarten teacher to get the goods on a drug lord while guarding the man's son.

Colouring Therapy: June 25th at 11:00am

Join Taya in a relaxing colouring program. A selection of images will be offered for members to transform into coloured art!

Music Appreciation: June 25th at 2:00pm

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

Explore Your City: Bubble Tea: June 27th at 1:00pm

Join us for an lrt ride & short walk to China Town's Dragon City mall for a bubble tea at the famous Pearl House. Bubble tea has been referred to as a "Chinese milkshake". Tapioca, Coconut & Pearl Jellies can be added to a variety of creamy or fruit green tea beverages of member's choice.

Games in the Park: June 28th at 1:00pm

Walk with us to a nearby park and enjoy some fun outdoor games such as Frisbee, horseshoes and bocce ball. Please dress for the weather and bring a water bottle.

Texas Hold 'Em: June 29th at 2:00pm

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

PALS Program: June 30th 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.