



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 11:30 Coffee & Snack 12:00 Bingo 2:00 Risk 4:00 Member's Choice	2 <b>Labour Day</b>	3 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Tech Tips</b> 3:00 Pool 4:00 Member's Choice	4 12:00 Noon Hour Game 1:30 Wizard 3:30 LG/FG	5 10:30 Coffee Talk 11:00 <b>Spruce Meadows</b> 12:00 Noon Hour Game 2:00 10,000 Dice 4:00 Member's Choice	6 10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 1:00 <i>Guitar Compass</i> 4:00 Member's Choice	7 11:30 Coffee & Snack 1:00 Wizard 2:30 <b>Karaoke</b>	
8 11:30 Coffee & Snack 12:00 Bingo 2:00 Codenames 4:00 Member's Choice	9 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Dance and Movement</b> 4:00 Sorry!	10 10:30 <b>Coffee Cruisers</b> 11:00 <b>Natural Light Photography</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Darts 4:00 Member's Choice	11 12:00 Noon Hour Game 1:30 Wizard 3:30 LG/FG	12 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	13 10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	14 11:30 Coffee & Snack 11:30 <b>Music Therapy pt.1</b> 1:00 Wizard 2:00 <b>Texas Hold'em</b> 4:00 Member's Choice	
15 11:30 Coffee & Snack 12:00 Bingo 2:00 Ticket to Ride 4:00 Member's Choice	16 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Talk &amp; Walk for Wellness</b> 2:00 Canasta Tournament 3:00 <b>Music Appreciation</b> 4:00 Qwirkle	17 12:00 Noon Hour Game TBA <b>U-35: Movie Goers</b> 1:30 Reach for Recovery Group 2:00 <b>Explore Your City: Naked Leaf Tea Shop</b> 3:00 Pool 4:00 Member's Choice	18 12:00 Noon Hour Game 1:30 Wizard 3:30 LG/FG	19 Oct. ballots available after 4pm 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:30 GMM 4:00 <i>Hobby Crafts</i> 4:00 REC Calendar & Ballots	20 10:30 Word Jumble & Treats 11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 4:00 Member's Choice	21 11:30 Coffee & Snack 11:30 <b>Music Therapy pt.2</b> 1:00 Wizard 2:00 <b>Ping Pong Tournament</b> 4:00 Member's Choice	
22 11:30 Coffee & Snack 12:00 Bingo 2:00 Phase 10 4:00 Member's Choice	23 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Talk &amp; Walk for Wellness</b> 2:00 Canasta Tournament 2:00 <b>Themed Creations</b> 4:00 Jenga	24 Oct. ballot submission deadline 10:30 <b>Coffee Cruisers</b> 11:00 <b>Inglewood Bird Sanctuary</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 3:00 Darts 4:00 Member's Choice	25 12:00 Noon Hour Game 1:30 Wizard 3:30 LG/FG	26 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Yahtzee 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	27 10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 11:00 <b>Morning Cooking</b> 12:00 Noon Hour Game 12:00 LG/FG 1:00 <i>Guitar Compass</i> 1:30 Bingo 4:00 Member's Choice	28 Oct. ballots ready for pick up 11:30 Coffee & Snack 11:30 <b>Music Therapy pt.3</b> 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Member's Choice	
29 11:30 Coffee & 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	30 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Fitness 101</b> 2:00 Canasta Tournament 3:00 <b>Movie Monday</b> 4:00 Bananagrams					<div style="border: 1px dashed black; padding: 10px;"> <p><b>Important Dates for September Ballots</b>  September calendar and ballots available: Thurs. Aug. 15<sup>th</sup>  Ballot submission deadline: Tues. Aug. 20<sup>th</sup>  Approved ballots ready for pickup: Sat. Aug. 24<sup>th</sup>  Last day to pick up approved ballots: Wed. Aug. 28<sup>th</sup></p> </div> 	

## September Ballot Information

September ballots will be available for members to fill out their program choices on **Thursday Aug. 15<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday Aug. 20<sup>th</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday Aug. 24<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. Aug. 28<sup>th</sup>**, 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 (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!

**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.

**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



### **Tech Tips: Sept. 3<sup>rd</sup> at 2:00pm**

Join Harrison as we discover 15 neat tips and tricks to impress everyone around you, whether you have an iOS or Android operating system.

### **Spruce Meadows: Sept. 5<sup>th</sup> at 11:00am**

The eyes of the world are focused on Spruce Meadows as the best athletes from the world's top show jumping nations compete for prize money and international acclaim during the Spruce Meadows 'Masters'. Experience all Spuce Meadows has to offer!

### **Mindfulness Program: Sept. 6<sup>th</sup>, 13<sup>th</sup> & 27<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.

### **Karaoke: Sept. 7<sup>th</sup> at 2:30pm**

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

### **Dance & Movement: Sept. 9<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

### **Coffee Cruisers: Sept. 10<sup>th</sup> & 24<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.

### **Natural Light Photography: Sept. 10<sup>th</sup> 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.

### **Relaxation Group: Sept. 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> at 11:45am**

Join us for an hour of various relaxation techniques by a certified yoga instructor. No experience necessary, just a willingness to try.

### **Music Therapy: Sept. 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> & Oct. 5<sup>th</sup> & 12<sup>th</sup> at 11:30am**

Connect...Experience...Build Relationships...Enjoy Music. Come and attend 5 weeks of improvisation, singing and lyric analysis. Learning more about using music for well-being and relaxation.

No prior music experience is required. **Participants must be able to attend all dates.**

### **Texas Hold 'Em: Sept. 14<sup>th</sup> at 2:00pm**

Join us for some Texas Hold' Em fun.

No worry about losing money because we play with chips!

### **Talk & Walk for Wellness: Sept. 16<sup>th</sup> & 23<sup>rd</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.

### **Music Appreciation: Sept. 16<sup>th</sup> at 3:00pm**

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

### **U-35: Movie Goers: Sept. 17<sup>th</sup> at TBD**

We will be taking the LRT to the Chinook movie theatre to enjoy an afternoon watching a critically acclaimed blockbuster.

Note: movie to be announced a week before program date.

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

### **Explore your City: Naked Leaf Tea Shop: Sept 17<sup>th</sup> at 2:00pm**

Join us for a leisurely stroll to a beautiful gem tucked in the heart of Kensington; The Naked Leaf. Experience tea as it was meant to be - all natural and unhurried.

### **Colouring Therapy: Sept. 20<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!

### **Ping Pong Tournament: Sept. 21<sup>st</sup> at 2:00pm**

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

### **Themed Creations: Sept. 23<sup>rd</sup> at 2:00pm**

Let's collage! September is the time for changing seasons. Elements will soon be moving to our new home! Let's create some collaborative art highlighting endings and new beginnings.

### **Inglewood Bird Sanctuary: Sept. 24<sup>th</sup> at 11:00am**

Bring your binoculars to the Inglewood Bird Sanctuary and keep your eyes peeled for over 270 fanciful sounding birds. Enjoy the peaceful environment as we socialize and explore the many beautiful nature trails.

### **Morning Cooking: Sept. 27<sup>th</sup> at 11:00am**

Learn some new skills or sharpen up older ones. Join Karen to prepare a yummy lunch! Cooking on a budget can be tasty and healthy. Members' will create their own veggie burger with roasted potatoes on the side.

### **Air Hockey Tournament: Sept. 28<sup>th</sup> at 2:00pm**

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

### **PALS Program: Sept. 29<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.**

### **Fitness 101: Sept. 30<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.**

### **Movie Monday: Sept. 30<sup>th</sup> at 3:00pm**

Showing: Game Over, Man: three buddies with big dreams go from underachieving slackers to warriors when their posh hotel is taken over by kingpins.

