






Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 11:30 Coffee & Snack 12:00 Bingo 2:00 Ticket to Ride 4:00 Member's Choice	2 10:30 Hidden Pictures & Treats 12:00 LG/FG 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Movie Classics</b> 4:00 Bananagrams	3 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:00 <b>Scams and Fraud</b> 3:00 Pool 4:00 Member's Choice	4 Mar. ballot submission deadline  <b>AGENCY CLOSED</b> Staff Development Day	5 10:30 Coffee Talk 10:30 <i>Rewired</i> 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	6 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	7 11:30 Coffee & Snack 1:00 Wizard 2:30 <b>Karaoke</b>	
8 11:30 Coffee & Snack 12:00 Bingo 2:00 Phase 10 4:00 Member's Choice	9 10:30 Hidden Pictures & Treats 12:00 LG/FG 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Dance &amp; Movement</b> 4:00 Qwirkle	10 11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 1:00 <b>Talk &amp; Walk for Wellness</b> 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 10:30 <i>Rewired</i> 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Euchre 3:00 <i>Book Club</i> 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 1:00 Wizard 2:00 <b>Drumming Circle</b> 4:00 Member's Choice	
15 11:30 Coffee & Snack 12:00 Bingo 2:00 Tsuru 4:00 Member's Choice	16 10:30 Hidden Pictures & Treats 12:00 LG/FG 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Texas Hold'em</b> 4:00 Eights	17  <b>St. Patrick's Day</b> 10:30 <b>Coffee Cruisers</b> 12:00 Noon Hour Game 1:30 Reach for Recovery Group 2:30 SRS Event Set-up	18  2:00 <b>Elements has Talent!</b> Hosted by the I.A. Committee	19 Apr. ballots available after 4pm 10:30 Coffee Talk 10:30 <i>Rewired</i> 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Karma 4:00 <i>Hobby Crafts</i> 4:00 REC Calendar & Ballots	20 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	21 11:30 Coffee & Snack 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 Crowns 4:00 Member's Choice	23 10:30 Hidden Pictures & Treats 12:00 LG/FG 12:00 Noon Hour Game 2:00 Canasta Tournament 2:00 <b>Let's Talk Mental Health</b> 4:00 Jenga	24 Apr. ballot submission deadline 12:00 Noon Hour Game 1:00 <b>Talk &amp; Walk for Wellness</b> 1:30 Reach for Recovery Group 2:00 <b>Armchair Travel</b> 3:00 Pool 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 1:00 <b>U-35: Village Flatbread Co</b> 2:00 Blokus 4:00 <i>Hobby Crafts</i> 4:00 Member's Choice	27 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	28 Apr. ballots ready for pick up 11:30 Coffee & Snack 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Member's Choice	
29 11:30 Coffee & Snack 12:00 Bingo 2:00 Code Names 4:00 Member's Choice	30 10:30 Hidden Pictures & Treats 11:00 <b>Bowling</b> 12:00 Noon Hour Game 12:00 LG/FG 2:00 Canasta Tournament 4:00 Azul	31 12:00 Noon Hour Game 1:00 <b>Social Dining Experience</b> 1:30 Reach for Recovery Group 2:00 <b>Celtic Flowers</b> 3:00 Darts 4:00 Member's Choice	 <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p><b>Important Dates for March Ballots</b>            March calendar and ballots available: Thurs. Feb. 20<sup>th</sup>            Ballot submission deadline: Tues. Feb. 25<sup>th</sup>            Approved ballots ready for pickup: Sat. Feb. 29<sup>th</sup>            Last day to pick up approved ballots: Wed. Mar. 4<sup>th</sup></p> </div> 				

## March Ballot Information

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

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

Ballots will be available in the phone room on **Saturday Feb. 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. Mar. 4<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.

**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. This program is for individuals diagnosed with depression and anxiety only.

**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.

**Looking Good, Feeling Good:** A clothing program for Elements members. LG/FG runs Mondays at 12:00pm, Wednesdays at 3:30pm and Fridays at 12:00pm.

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

## Special Activity Highlights: These Events Require Sign Up



\* Calendar Subject to Change\*

### **Movie Classics: Mar. 2<sup>nd</sup> at 3:00pm**

Showing: Grease: John Travolta and Olivia Newton-John star in this hit musical comedy about a greaser and the good girl he falls for—much to his friends chagrin.

### **Coffee Cruisers: Mar. 3<sup>rd</sup> & 17<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.

### **Scams & Fraud: Mar. 3<sup>rd</sup> at 2:00pm**

It's all about being proactive! Join David from the Better Business Bureau as he explores how to recognize scams and protect yourself from fraud!

### **Relaxation Group: Mar. 5<sup>th</sup>, 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.

### **Mindfulness Program: Mar. 6<sup>th</sup>, 13<sup>th</sup>, 20<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: Mar. 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: Mar. 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.

### **Colouring Therapy: Mar. 10<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!

### **Talk & Walk for Wellness: Mar. 10<sup>th</sup> & 24<sup>th</sup> at 1:00pm**

Join Alysia in this informative group that combines health tips with a weekly walking program.

### **Drumming Circle: Mar. 14<sup>th</sup> at 2:00pm**

Feel the power of connection and community through drumming. Drum for joy, fun and/or stress relief. Everyone is welcome. No drumming experience is needed.

### **Texas Hold 'Em: Mar. 16<sup>th</sup> at 3:00pm**

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

### **Elements' has Talent: Mar. 18<sup>th</sup> at 2:00pm**

Join us for Elements' has Talent hosted by your I.A. Committee. Sign-up as audience to enjoy a variety of performances by fellow members. We look forward to seeing you & enjoying a nice light snack following the performances.

Sign-in begins at 12:00pm

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

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

### **Let's Talk Mental Health: Mar. 23<sup>rd</sup> at 2:00pm**

Join Dr. Kate Hamilton for an informative session on mental health. Topics will include; healthy relationships and boundaries, managing medication and the effects of street drugs on mental health.

### **Armchair Travel: Mar. 24<sup>th</sup> at 2:00pm**

Join Misan for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite and experience a taste of local cuisine. No passport required.

### **U-35:Village Flatbread Co.: Mar. 26<sup>th</sup> at 1:00pm**

Join Rec as we take a stroll down to 17<sup>th</sup> avenue to The Village Flatbread Co.

Crafted with the finest natural and organic ingredients, sourced locally from the growers and producers. From pizzas to salads, most menu items can be made low carb, paleo or Keto friendly.

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

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

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

### **Bowling: Mar. 30<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.

### **Social Dining Experience: Mar. 31<sup>st</sup> at 1:00pm**

Dine and socialize with us as we head to a local restaurant for an afternoon of great food and conversation. We will walk there enjoying the spring smells and sights and will be rewarded with wonderful culinary creations.

### **Celtic Flowers: Mar. 31<sup>st</sup> at 2:00pm**

Join Charlene, a member volunteer, as we construct beautiful Celtic Flower key chains. Learn basic chainmail techniques, using jump rings and pliers, while creating a unique piece of art.

Great for gifts!

**\*\*\*Please note: this craft requires strong hand dexterity\*\*\***



**\*\*\*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.\*\*\***