



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><b>Important Ballot Dates to Remember</b>            June calendar and ballots available: Thurs. May 18<sup>th</sup>            Ballot submission deadline: Tues. May 23<sup>rd</sup>            Approved ballots ready for pickup: Sat. May 27<sup>th</sup>            Last day to pick up approved ballots: Wed. May 31<sup>st</sup></p>		1	2	3
4	5	6	7	8	9	10
12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 3:00 <b>Armchair Travel</b> 4:00 Hearts	<b>I.A Committee Meeting 1:30-3:30pm</b> 12:00 Addictions & Mental Health Group 12:00 Noon Hour Game 12:00 <b>Drumming Circle</b> 1:00 <b>Games in the Park: Riley Park</b> 4:00 Open Activity	10:30 <b>Creative Expressions</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Pokeno 4:00 Hobby Crafts 4:00 Open Activity	10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 2:00 Yahtzee 4:00 Member's Choice	12:00 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
11	12	13	14	15	16	17
12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Movie Classics</b> 1:15 <b>Social Dining Experience</b> 2:00 Canasta Tournament 4:00 Blockus	12:00 Addictions & Mental Health Group 12:00 Noon Hour Game 1:00 <b>Healing with Laughter</b> 3:00 AGM Set Up 6:00 <u>Annual General Meeting</u>	11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	<b>July ballots available after 4pm</b> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:30 GMM 4:00 Hobby Crafts 4:00 Open Activity	10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 2:00 Jenga 4:00 Member's Choice	12:00 Coffee & Snack 3:00 <b>Saturday Light Lunch</b> 4:00 Member's Choice
18	19	20	21	22	23	24
12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Animal Kingdom</b> 2:00 Canasta Tournament 4:00 Quiddler	<b>July ballot submission deadline</b> 10:30 <b>Coffee Cruisers</b> 12:00 Addictions & Mental Health Group 12:00 Noon Hour Game 1:00 <b>Picnic in the Park: Limited Mobility</b> 3:00 Darts 4:00 Open Activity	<b>**National Aboriginal Day**</b> 10:30 <b>Seed Bead Necklaces</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG 	10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 <b>Gratitude Power Hour</b> 4:00 Hobby Crafts 4:00 Open Activity	10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 2:00 10,000 Dice 4:00 Member's Choice	<b>July ballots ready to pick up</b> 12:00 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
25	26	27	28	29	30	
12:00 Coffee & Snack 12:00 Bingo 1:00 <b>PALS program pt.1</b> 1:30 <b>PALS program pt.2</b> 4:00 Open Activity	10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 2:00 <b>Music Appreciation</b> 4:00 Qwirkle	10:30 <b>Coffee Cruisers</b> 12:00 Addictions & Mental Health Group 12:00 Noon Hour Game 2:00 <b>Tech Tips 101: Ted Talks</b> 3:00 Pool 4:00 Open Activity	<b>July ballots pick up deadline</b> 11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	8:30 <b>Bar-U Ranch</b> 10:30 Coffee Talk 11:45 <b>Relaxation Group</b> 12:00 Noon Hour Game 2:00 Crowns 4:00 Open Activity	10:30 Word Jumble & Treats 12:00 Noon Hour Game 12:00 LG/FG 1:30 Bingo 2:00 Euchre 4:00 Member's Choice	

## June Ballot Information

June ballots will be available for members to fill out their program choices, the day of the GMM, on **Thursday May 18<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

Members will have until the following week, **Tuesday May 23<sup>rd</sup>**, to enter their ballot for draws.

Ballots will be available in the phone room on **Saturday May 27<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. May 31<sup>st</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

**Addiction and Mental Health Group:** Join Shelley and Chad as we support each other through any addiction such as gambling, shopping, food, etc. Come share and feel supported through your journey. This is a drop-in group.

**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 of every month. 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 Wednesdays at 4:30pm and Fridays at 12:00pm.

**Members' Choice:** We will gather at 4pm and, as a group, decide on a game that will be played. The game played will be determined by a majority vote.

**Open Activity:** Open Activity provides members with an opportunity to play a game of the group's choosing.

**Annual General Meeting June 13<sup>th</sup> at 6:00pm**

**\*\*\* Everyone welcome to attend \*\*\***

*If you have questions, comments or concerns regarding recreation please contact  
Brian, Noelle, Taya or Harrison*

*\*Calendar is subject to change\**

## Special Activity Highlights: These Events Require Sign Up



### **Explore Your City: Village Ice Cream: June 1<sup>st</sup> at 1:00pm**

Village Ice Cream offers hand-made, small batch ice cream in a variety of neat flavours. Join us for socialization and a sweet treat! L.R.T & a short walk. Please dress for the weather.

### **Armchair Travel: June 5<sup>th</sup> at 3:00pm**

Join us for a destination adventure without leaving the SRS. Through video, learn about a new place, or perhaps revisit an old favorite. No passport required.

### **Drumming Circle: June 6<sup>th</sup> at 12:00pm**

Join Noelle for an energetic and grounding drumming circle. We play various drums & percussion instruments, using simple rhythms. A collective experience. No musical experience needed.

### **Games in the Park: Riley Park: June 6<sup>th</sup> at 1:00pm**

Walk with us to Riley Park and enjoy some fun playing bocce ball. Please dress for the weather and bring a water bottle.

### **Creative Expressions: June 7<sup>th</sup> at 10:30am**

Come & discover what you can create with a simple piece of wire. Two or 3 dimensional abstract shapes, animals, and much more. Hand dexterity ability is required as we will be shaping wire & using pliers.

### **Relaxation Group: June 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> at 11:45am**

An hour of various relaxation techniques by a certified yoga instructor, community volunteer. No experience necessary, just a willingness to try.

### **Mindfulness Program: June 9<sup>th</sup> & 16<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.

### **Movie Classics: June 12<sup>th</sup> at 1:00pm**

Bring your fondest memories as we share classic movies we all know and love! Each month a theme will be featured. Showing: E.T. the Extra-Terrestrial.

### **A Social Dining Experience: June 12<sup>th</sup> at 1:15pm**

We will walk to Shawarma Station (Kensington) for a Middle Eastern food experience. Members can choose either chicken, beef, or falafel (vegetarian) shawarma, and a pop. We will sit, eat, and share in conversation.

### **Healing with Laughter: June 13<sup>th</sup> at 1:00pm**

A natural & complimentary activity to support mental, physical and emotional well being. We boost our "feel good" endorphins, release stress & anxiety, and embrace our joyful natures through laughter & imagination.

### **Artistic Trading Cards: June 14<sup>th</sup> at 11:00am**

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.

### **Saturday Light Lunch: June 17<sup>th</sup> at 3:00pm**

Join us for a lunch prepared by our community volunteers. Soup and sandwiches. Please arrive by 2:45pm in the SRS.

### **Animal Kingdom: June 19<sup>th</sup> at 1:00pm**

Join Brian watching the animal documentary "Growing up Wild". Life is an adventure - especially for a newborn animal who has so much to learn. This movie brings home a special look at how similar and different 5 young lives can be.

### **Coffee Cruisers: June 20<sup>th</sup> & 27<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.

### **Picnic in the Park: Limited Mobility: June 20<sup>th</sup> at 1:00pm**

Join us for a short walk to Millennium Park and share in a picnic and social time.

### **Seed Bead Necklaces: June 21<sup>st</sup> at 10:30am**

Using traditional first nations materials of seed beads, needles & thread, we will make simple seed bead necklaces that may be worn in recognition of "National Aboriginal Day".

### **Gratitude Power Hour: June 22<sup>nd</sup> at 2:00pm**

Join Noelle and awaken your gratitude attitude. This will be an outside walking exploration in gratitude designed to awaken your senses. Discover what nature offers us that we can each be grateful for.

### **PALS Program: June 25<sup>th</sup> at 1:00pm OR 1:30pm**

Members will gather in the multi-purpose room and have a 30 min session (A or B) to enjoy the company of a 4-legged volunteer working dog or cat from Pet Access League Society.

**Please do not sign up if you have allergies.**

### **Music Appreciation: June 26<sup>th</sup> at 3:00pm**

Join Chad & complete viewing the documentary "Twisted Sisters", (40mins) followed by an hour exploration on classical "Beethoven" symphony. See Chad for program details.

### **Tech Tips 101: Ted Talks: June 27<sup>th</sup> at 2:00pm**

Tech enthusiast Kevin Kelly asks "What does technology want?" and discovers that its movement toward complexity is much like the evolution of life. Join Harrison as we watch this Ted Talks piece on How technology evolves.

### **Colouring Therapy: June 28<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.

### **Bar-U Ranch: June 29 at 8:30am**

A full day trip that will explore the Bar-U Ranch National Historic Site of Canada. We will bus to the site, where we will divide into 4 groups of 10 to explore with guided site staff: Belly of the Bar U, Round Up Camp, Take-a-Hike & Wagon Ride. Each group will experience all 4 programs. Lunch will be served through on-site catering as a group, with about 2 hours to relax at the end of day as members choose. Activity books will be given out en-route, and historical pamphlet & Bar U necklace. We will return to Elements by 6pm. Please dress for the weather, wear shoes that may get mucky (weather depending), and see R.E.C. staff with any questions!