




Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	31 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 2:00 Canasta Tournament 4:00 Pokeno			<div style="border: 1px dashed black; padding: 5px;"> <p><b>Important Dates for July Ballots</b>            July calendar and ballots available: <b>Thurs. June 15<sup>th</sup></b>            Ballot submission deadline: <b>Tues. June 20<sup>th</sup></b>            Approved ballots ready for pickup: <b>Sat. June 24<sup>th</sup></b>            Last day to pick up approved ballots: <b>Wed. June 28<sup>th</sup></b></p> </div>		1 12:00 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
2 12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	3 10:30 Canada Trivia & Treats 12:00 Noon Hour Game 1:00 Canada Day Treats 2:00 Canasta Tournament 4:00 Hearts 	4 10:30 <b>Coffee Cruisers</b> 12:00 Addictions & Mental Health Group 12:00 Noon Hour Game 1:00 <b>Games in the Park-Prince's Island</b> 3:00 Darts 4:00 Open Activity	5 11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	6 10:30 Coffee Talk 12:00 Noon Hour Game 12:00 <b>Zoo Trip</b> 2:00 Eights 4:00 Open Activity	7 <b>Parade Day: open @ 1pm</b> 1:30 Bingo 2:00 Qwirkle 4:00 Member's Choice	8 12:00 Coffee & Snack 1:00 Wizard 2:00 <b>Air Hockey Tournament</b> 4:00 Member's Choice
9 12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	10 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 12:15 <b>Social Dining Experience</b> 2:00 Canasta Tournament 4:00 Blockus	11 12:00 Noon Hour Game 2:00 Stampede Dance Set-up 4:00 Open Activity	12 	13 10:30 Coffee Talk 12:00 Noon Hour Game 1:00 <b>Zentangles in the Park</b> 3:00 <b>Animal Kingdom</b> 4:00 Open Activity	14 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 Crowns 4:00 Member's Choice	15 12:00 Coffee & Snack 1:00 Wizard 2:00 <b>Texas Hold'em</b> 4:00 Member's Choice
16 12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	17 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Movie Monday</b> 2:00 Canasta Tournament 4:00 Jenga	18 12:00 Addictions & Mental Health Group 12:00 Noon Hour Game 1:00 <b>Healing with Laughter</b> 1:00 <b>Games in the Park-Limited Mobility</b> 3:00 Pool 4:00 Open Activity	19 9:00 <b>Banff</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	20 <b>Aug ballots available after 4pm</b> 10:30 Coffee Talk 12:00 Noon Hour Game 2:30 GMM 4:00 Open Activity	21 10:30 Word Jumble & Treats 11:00 <b>Mindfulness Program</b> 12:00 Noon Hour Game 12:00 LG/FG 1:00 <b>Farmers Market</b> 1:30 Bingo 2:00 PIT card game 4:00 Member's Choice	22 12:00 Coffee & Snack 1:00 Wizard 4:00 Member's Choice
23 12:00 Coffee & Snack 12:00 Bingo 4:00 Open Activity	24 10:30 Hidden Pictures & Treats 12:00 Noon Hour Game 1:00 <b>Explore Your City: Poutine</b> 2:00 Canasta Tournament 3:00 <b>Music Appreciation</b> 4:00 Skip-bo	25 <b>Aug ballot submission deadline</b> 10:30 <b>Coffee Cruisers</b> 12:00 Addictions & Mental Health Group 12:00 Noon Hour Game 2:00 <b>Tech Tips 101</b> 3:00 Darts 4:00 Open Activity	26 11:00 <b>Edworthy Park</b> 12:00 Noon Hour Game 1:30 Crib Tournament 3:30 Wizard 4:30 LG/FG	27 10:30 Coffee Talk 12:00 Noon Hour Game 1:00 <b>Explore Your City: Screammers</b> 2:00 10,000 Dice 4:00 Open Activity	28 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 Clubs 4:00 Member's Choice	29 <b>Aug ballots ready to pick up</b> 12:00 Coffee & Snack 1:00 Wizard 2:00 <b>Ping Pong Tournament</b> 4:00 Member's Choice

## July Ballot Information

July ballots will be available for members to fill out their program choices, the day of the GMM, on **Thursday June 15<sup>th</sup>**. Place completed ballots in ballot box located in the SRS.

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

Ballots will be available in the phone room on **Saturday June 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. June 28<sup>th</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.

**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



### **Coffee Cruisers: July 4<sup>th</sup> & 25<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.

### **Games in the Park: Prince's Island: July 4<sup>th</sup> at 1:00pm**

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

### **Colouring Therapy: July 5<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.

### **Zoo Trip: July 6<sup>th</sup> at 12:00pm**

We will take city transit to the zoo and walk around to visit the animals. We will provide a light snack. Please wear good walking shoes, bring a bottle of water, and dress for the weather.

### **Air Hockey Tournament: July 8<sup>th</sup> at 2:00pm**

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

### **A Social Dining Experience: July 10<sup>th</sup> at 12:15pm**

Dine and socialize with us as we head to the Kerby Centre for an afternoon of great food and conversation.

### **Stampede Dance: July 12<sup>th</sup> at 2:00pm**

Wear your best western gear and join us for a good ol' fashion Stampede hoedown! Food to be enjoyed and prizes to be won!  
Sign-in begins at 12:00pm



### **Zentangles in the Park: July 13<sup>th</sup> at 1:00pm**

Explore the fun patterns you can create with pen and ink! Using the park environment as inspiration create amazing Zentangle art!

### **Animal Kingdom: July 13<sup>th</sup> at 3:00pm**

Join Brian and test your animal IQ. Using the book "Animal Brainiacs" Learn discuss some interesting animal facts.

### **Mindfulness Program: July 14<sup>th</sup> 21<sup>st</sup> & 28<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.

### **Texas Hold 'Em: July 15<sup>th</sup> at 2:00pm**

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

### **Movie Monday: July 17<sup>th</sup> at 1:00pm**

Is the Force strong with you? Join us as we watch Star Wars: The Force Awakens and enjoy some delicious movie snacks!

### **Healing with Laughter: July 18<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.

### **Games in the Park: Limited Mobility: July 18<sup>th</sup> at 1:00pm**

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

### **Banff: July 19<sup>th</sup> at 9:00am**

Come and experience the mountains and the town site of Banff! Enjoy a leisurely day filled with fun, fresh air, and food. Please dress for the weather and wear appropriate foot wear.

### **Farmer's Market: July 21<sup>st</sup> at 1:00pm**

We will take transit to Kingsland and explore the market. Lunch will be provided onsite. Please dress for the weather.

### **Explore your City: Poutine: July 24<sup>th</sup> at 1:00pm**

Join Noelle for a tasty Canadian dish known as Poutine! This dish originated in the province of Quebec, and is made with French fries, cheese curds, and topped with a light brown gravy. We will be taking public transit to Westbrook Mall. Please dress for the weather.

### **Music Appreciation: July 24<sup>th</sup> at 3:00pm**

Sufi Soul: The Mystic Music of Islam. Travel the world and experience a different side of Islam. Sufism: tolerant and mystical, it has a message for humanity. See Chad for program details.

### **Tech Tips 101: July 25<sup>th</sup> at 2:00pm**

We live in a world where technology runs everything! But do we really know how to use it? Join Harrison in this comprehensive guide to some of the most useful tips and tricks to help navigate today's technology.

### **Edworthy Park: July 26<sup>th</sup> at 11:00am**

We will take a hired bus, enjoy a picnic of BBQ hot dogs and 'smores, and have some time to relax. Please dress for the weather, including sunscreen & bug spray, and bring a water bottle.

### **Explore your City: Screamer: July 27<sup>th</sup> at 1:00pm**

What better way to cool down in the summer than to enjoy a nice cold treat! Join us as we walk to Kensington and experience a Screamer: half soft serve ice cream, half slurpee! Yum!

### **Ping Pong Tournament: July 29<sup>th</sup> at 2:00pm**

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

