





Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 10:30 Word Games & Treats 10:30 <b>Feb Activity sign-up</b> 12:00 Bean Bag Toss 2:00 Crib Corner 6:00 Open Activity 6:00 Kitchen Kapers 6:30 LG/FG	2 10:30 Lets Talk About It 12:00 Floor Darts 1:30 <b>Relaxation Group</b> 3:00 <b>Pampered Paws</b> 6:00 Hobby Crafts	3 10:30 Word Search & Treats 12:00 Putting for Points 12:30 LG/FG 2:30 Songs & Music With ActiveTreatment Team/RAC 6:00 Bingo	4 1:00 Sports Corner 2:00 Wizard 6:00 Open Activity	
5 1:00 Bingo 4:00 <b>Movie on the Big Screen</b> 6:00 Open Activity	6 10:30 Hidden Pictures & Treats 12:00 Bean Bag Baseball 2:00 <b>What is it?</b> 3:00 Pool 6:00 Open Activity	7 10:30 Word Jumble & Treats 11:30 <b>Movie Goers</b> 12:00 Ladder Toss 2:00 Drama 6:00 Hobby Crafts	8 10:30 Word Games & Treats 11:00 <b>Wake Up Café</b> 12:00 Bean Bag Toss 2:00 Crib Corner 2:00 <b>Creative Expressions</b> 6:00 Open Activity 6:00 Kitchen Kapers 6:30 LG/FG	9 10:30 Lets Talk About It (Positive Planning check in included) 12:00 Floor Darts 1:30 <b>Laughter Yoga</b> 3:30 <b>Book Club</b> 6:00 Hobby Crafts	10 10:30 Word Search & Treats 12:00 Putting for Points 12:30 LG/FG 12:30 <b>Rhythm Cradle</b> 3:00 <b>Name that Tune</b> 6:00 Bingo	11 1:00 Sports Corner 2:00 Wizard 3:00 <b>Soup &amp; Sandwiches</b> 6:00 Open Activity	
12 1:00 Bingo 4:00 Darts 301 6:00 Open Activity	13 10:30 Hidden Pictures & Treats 12:00 Bean Bag Baseball 2:00 <b>Gratitude Power Hour</b> 6:00 <b>Drumming Circle</b>	14 10:30 Word Jumble & Treats 12:00 Ladder Toss 2:00 <b>Valentines Dance</b> 6:00 Open Activity  *6:00 Hobby Crafts cancelled*	15 10:30 Word Games & Treats 10:30 <b>Walk for Health</b> 12:00 Bean Bag Toss 2:00 Crib Corner 6:00 Open Activity 6:30 LG/FG	16 10:30 Lets Talk About It 11:00 Drama Group (outing) 12:00 Floor Darts 1:30 <b>Relaxation Group</b> 3:30 <b>GMM</b> 6:00 Hobby Crafts	17 10:30 Word Search & Treats 12:00 Putting for Points 12:30 LG/FG 1:30 <b>My Own Beat</b> 2:30 Songs & Music ActiveTreatment Team/RAC 6:00 Bingo	18 1:00 Sports Corner 3:00 Wizard 6:00 Open Activity	
19 1:00 Bingo 4:00 <b>Movie on the Big Screen</b> 6:00 Open Activity	20 <b>FAMILY DAY</b> <b>HOLIDAY HOURS</b> 1:30 Texas Hold'em 6:00 Crowns 	21 10:30 Word Jumble & Treats 10:30 Coffee Cruisers 12:00 Ladder Toss 2:00 <b>Best of Me</b> 6:00 Hobby Crafts	22 10:30 Word Games & Treats 11:00 <b>Lunch Box Theatre</b> 12:00 Bean Bag Toss 2:00 Crib Corner 2:00 <b>Creative Expressions</b> 6:00 Open Activity 6:30 LG/FG	23 10:30 Lets talk About It 12:00 Floor Darts 1:15 <b>Bowling</b> 1:30 <b>Relaxation Group</b> 6:00 Hobby Crafts	24 10:30 Word Search & Treats 12:00 Putting for Points 12:30 LGFG 3:00 Canasta for Fun 6:00 Bingo	25 1:00 Sports Corner 2:00 Wizard 3:00 <b>Soup &amp; Sandwiches</b> 6:00 Open Activity	
26 1:00 Bingo 3:00 <b>The Oscars Party</b> 6:00 Open Activity	27 10:30 Hidden Pictures & Treats 12:00 Bean Bag Baseball 1:30 <b>Laughter Yoga</b> 3:00 <b>Music Appreciation</b> 6:00 Open Activity	28 10:30 Word Jumble & Treats 10:30 Coffee Cruisers 12:00 Ladder Toss 1:30 <b>Docu Zone</b> 6:00 Hobby Crafts 	29 10:30 Word Games & Treats 10:30 Walk for Health 12:00 Bean Bag Toss 2:00 Crib Corner 2:00 <b>Creative Expressions</b> 6:00 Open Activity 6:00 Kitchen Kapers(Diabetic) 6:30 LG/FG	<div style="border: 2px solid black; padding: 10px;"> <p><b>Resource Activity Centre</b> <b>Hours of Operation</b> Monday through Friday — 10:00am to 9:00pm Weekends and Holidays — 12:00pm to 7:45pm</p> </div>			

## Special Activity Highlights

**Sign Up for these Activities will be on February 1st at 10:30 am unless other wise stated.**

### Pampered Paws - Feb 2nd at 3:00 pm

Join Shelley for a fun afternoon learning to do your nails, discussing some celebrity news and having a relaxing afternoon.



### Relaxation Group - Feb 2, 16 & 23rd at 1:30 pm

Join us for a relaxing hour of various relaxation techniques. No experience necessary.



### Songs & Music - Feb 3rd & 17th at 2:30 pm

#### A joint group with Active Treatment Team

After having so much fun with Christmas Carols, please join Kelley and the Active Treatment Team for an afternoon of songs and music.

### Let's Talk About It - Feb 2nd, 9th, 16th, 23rd at 10:30am

A great discussion group about today's news. Also included on the 9th is a quick follow up for the people who attended the positive planning group. Everyone welcome!

### Movie Goers - Feb 7th at 11:30 am

Join us for a trip to a movie theatre. We will take city transit to a theatre. Movie to be announced Friday before. If you are signed up please check with phone room before Tuesday for exact time and movie. Dress for the weather!

### Laughter Yoga - January 5th & 12th at 1:30 pm

Join Noelle for fun a way to relax and de-stress. Come and check it out. Laughter is a great pain management technique, builds a sense of community and is so much fun!



### Wake Up Café - February 8th at 11:00am

Join us for a healthy breakfast and some great company. Sign up at Monthly Activity sign up



### Creative Expressions - Feb 8 & 22, & 29th at 2:00 pm

Wake up your creative side with a 3 part series exploring and creating Totems. Must join for all 3 classes.

### Rhythm Cradle Feb 10th at 12:30 pm

Come join us for this "out of the ordinary" stress relief / relaxation program where we bring back an ancient healing tool – the Drum! You will experience hands-on relaxation techniques where the healing qualities of First Nations Drums become undeniable. Take 45 minutes out of your day and hit your own personal "reset" button.



### Name that Tune - Feb 10th at 3:00pm

Join Joseph for a fun game of Name that tune and some treats. Test your memory of music. Everyone welcome!

### Gratitude Power Hour - Feb 13th at 2:00 pm

Join us for positivity & greater gratitude. Use affirmations, shared dialogue, reflective journaling, and brain gym. A class to inspire a grateful attitude.

### Valentines Dance - Feb 14th at 2:00pm

Join us for a fun afternoon of dancing and treats for Valentines day. Wear your red, white or pink attire.



### Walk for Health - Feb 15th & 29th at 10:30 am

Join us for a healthy, low impact walk around the neighbourhood and through the plus 15s in the cold weather. With every three walks you will receive a gift card.

### My Own Beat Feb 17th at 1:30 pm

Join Julien to learn about different drumming instruments and learn to find your own beat.

### Best of Me - Feb 21st at 2:00 pm

Best of Me is back! Join Kelley & Meagan for a discussion group that helps to inspire us to find the best of each one of us. Discussion and activity included.

### Bowling - Feb 23rd at 1:15 pm

Join us for a non competitive game of 5 pin bowling. We will take city transit there so dress for the weather.



### The Oscars Party - February 26th at 3:00 pm

Join Shelley & Kelley for an afternoon of watching the Oscars Red Carpet. Lets discuss the movies and the outfits! Treats and fun!



### Music Appreciation - Feb 27th at 3:00pm

Join Todd to explore the talents of different musicians and groups.

### Doc u Zone - February 28 at 1:30 pm

Join Shelley and Joseph for an informative documentary film screening. Stimulating group discussion to follow.

### Kitchen Kapers - Feb 1st, 8th and 29th at 6:00pm

Join Franka for an evening learning to make interesting recipes. Feb 29 will feature recipes for Diabetic Meals. Speak to Franka to sign up.

## Recycling Sale Dates are:

February 9th - 1:30 - 3:30 pm  
February 23rd - 2:30 - 4:30 pm

# RESOURCE/ACTIVITY CENTRE FEBRUARY 2012

**If you have questions, comments or concerns regarding recreation contact Brian, Kelley, or Noelle**

## General Activity Information

**Best of Me** - Join Meagan and Kelley for a group exploring ways to bring out the best in you. Groups will include discussions, role playing, and collage. Learn how to be the best you can be.

**Bingo** - Bingos are scheduled twice a week. This includes regular Bingo on most Fridays at 6:00 and Sundays at 1:00.

**Bowling** - Join us for a fun, non-competitive game of bowling each month. We will take city transit to the bowling alley so dress for the weather.

**Coffee Cruisers** - A community outing Tuesday mornings at 10:30 am in which members & staff enjoy coffee at local establishments. Sign up in phone room each week.

**Card Games** -New Card games are introduced every month. Some of the more popular games include Wizard, Canasta, Crib, Kings & Jokers, and many more.

**Crib Corner** - Enjoy playing cribbage? Crib Corner is tournament style cribbage. Everyone is welcome.

**Daytrips** - We offer inner and out-of-city excursions. Examples of inner city trips include, The Zoo, Heritage Park, Picnic's and sports events. Out-of-city trips include William Watson Lodge, Tyrell Museum, Bragg Creek, and many more.

**Doc u Zone** - Join Shelley and Joseph for a documentary and discussion group. Some very though provoking films lined up!

**Drama Group** - A social and supportive group that teaches acting skills and is full of fun.

**Drumming Circle** - A relaxed and fun drumming circle is held once a month. No experience is necessary. Just a desire to participate and have fun.

**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.

**My Own Beat** - This group will explore a different drum, its origin and different techniques to best inspire you to get in touch with your inner spirit and help you to relax.

**Hobby/Crafts** - This group meets Tuesdays & Thursdays at 6:00pm in the multi-purpose room. It gives participants an opportunity to select a hobby/craft project and create it. Participants are able to socialize with others with similar interests. If you are interested in signing up, please speak to Kelley or Meagan.

**Kitchen Kapers** - A social and supportive opportunity where members can learn to cook or practice their cooking skills. Those interested must sign up with Franka.

**Lets Talk About It** - Join us for a conversation group that will discuss different topics over a coffee and treat. Bring your ideas and opinions and most of all your open mind to share and listen to others ideas.

**Light Meals** - Light meals take place every month. The menu usually changes every meal. Sign up starts a week in advance.

**Looking Good, Feeling Good** - A clothing program for Self Help members. LG/FG runs two days a week.

**Major Meals** - Self Help puts on four major meals a year; Stampede, Easter, Thanksgiving & New Years. Major meals serve a large number of members. These meals usually involve games, prizes and sometimes entertainment. Get your tickets starting on the first day of the month!

**Music Appreciation** - Join Todd for a journey into some of the best musicians and bands. The group will usually watch a video and then have an interesting discussion about the featured group.

**My Own Beat** - Join Julien to explore different musical drums and percussion pieces, their origin and some techniques on how to get the most out of them and find your own rhythm.

**Noon Hour Games** - Noon hour is one of the busiest times in the R.A.C. Members have the opportunity to participate in a variety of group games.

**Open Activity** - Open Activity provides members with an opportunity to play a game of their choosing, and have their name entered into a prize draw.

**Outdoor Adventure** - This group will explore different parks, events and walks around the city.

**Pampered Paws** - Join Shelley for a fun and relaxing afternoon leaning to take care of and decorate your finger nails.

**Relaxation Group** - Need to relax? Join us most Thursdays at 1:30 pm for a relaxation group. Each week will use a different relaxation technique.

**Rhythm Cradle** - Is an "out of the ordinary" stress relief/ relaxation program where we bring back an ancient healing tool, the drum! You will experience hands on relaxation techniques where the healing qualities of First Nations Drums become undeniable. Take 45 minutes out of your day and hit your own personal "reset" button.

**Tribute to the Movies** - Join Shelley for a great movie and discussion afterwards. Sign up in phone room.

**Calendars are subject to change**

## Resource/Activity Centre Benefits

*The R.A.C. gives members an opportunity to socialize, engage in a wide range of activities and acquire new skills.*

*All activities offered through the Resource Activity Centre are meant to be of a non-competitive nature.*

*Some benefits of being a member include: Mail service, telephone access, signing out of various activities through the phone room (television, pool table, games, newspapers.)*

## Recreation

*Structured Activities - Structured activities are offered routinely throughout the month. Participating in these activities provides opportunities to socialize with others, learn new skills, and experience new things*

*Unstructured Activities - Members are able to independently utilize a variety of activities on a sign out basis such as card games, board games, pool, etc.*

*Prize Structure - For most structured games, one winner receives a prize. In addition a participation draw takes place for all other players. 1 draw for 3-7 players, 2 draws for 8-11 players & 3 draws for 12 -17, 18 or more players 4 draws.*



**CALGARY ASSOCIATION OF SELF HELP**  
Managing Mental Health Together