







Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <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>			<p><b>1</b>                      10:30 Word Games &amp; Treats                      11:00 <b>Wake Up Café</b>                      12:00 Lucky Fly Ball                      2:00 Crib Corner                      6:00 Open Activity                      6:30 LG/FG</p>	<p><b>2</b>                      10:30 Word Search &amp; Treats                      12:00 Doubles &amp; Triples                      1:30 <b>Golfing Trip</b>                      2:00 Quiddler                      6:00 Hobby Crafts</p>	<p><b>3</b>                      10:30 Coffee &amp; Crosswords                      12:00 Golf                      12:30 LG/FG                      1:45 Canasta Tournament                      6:00 Bingo</p>	<p><b>4</b>                      1:30 Wizard                      4:00 <b>Crowns</b>                      6:00 Open Activity</p>
<p><b>5</b>                      1:00 Bingo                      4:00 <b>Sorry Game</b>                      6:00 Open Activity</p>	<p><b>6</b>  <b>Holiday Hours</b>                      1:30 Skip Bo                      4:00 Pictionary                      6:00 Open Activity</p>	<p><b>7</b>                      10:30 Word Jumbles &amp; Treat                      10:30 Coffee Cruisers                      12:00 Ring Toss                      2:00 <b>Music Appreciation</b>                      3:00 <b>IA Committee Meeting</b>                      6:00 Open Activity  <b>No Hobby Crafts</b></p>	<p><b>8</b>                      10:30 Word Games &amp; Treats                      10:30 Walk for Health                      12:00 Lucky Fly Ball                      2:00 Crib Corner                      6:00 Open Activity                      6:30 LG/FG</p>	<p><b>9</b>                      10:30 Word Search &amp; Treats                      10:30 <b>Spruce Meadows Trip</b>                      12:00 Doubles &amp; Triples                      3:30 <b>Book Club</b>                      6:00 Open Activity  <b>No Hobby Crafts</b></p>	<p><b>10</b>                      10:30 Coffee &amp; Crosswords                      12:00 Golf                      12:30 LG/FG                      1:30 <b>Pampered Paws</b>                      1:45 Canasta Tournament                      6:00 Bingo</p>	<p><b>11</b>                      1:30 Wizard                      3:00 <b>Soup and Sandwiches</b>                      4:00 <b>Wii Games</b>                      6:00 Open Activity</p>
<p><b>12</b>                      1:00 Bingo                      4:00 <b>Apples to Apples</b>                      6:00 Open Activity</p>	<p><b>13</b>                      10:30 Hidden Pictures &amp; treat                      12:00 Bean Bag Baseball                      2:00 <b>Pool</b>                      6:00 Open Activity</p>	<p><b>14</b>                      10:30 Word Jumbles &amp; Treat                      10:30 Coffee Cruisers                      11:15 <b>Zoo Trip</b>                      12:00 Ring Toss                      2:00 <b>Tribute to the Movies</b>                      6:00 Hobby/Crafts</p>	<p><b>15</b>                      10:30 Word Games &amp; Treats                      12:00 Lucky Fly Ball                      2:00 Crib Corner                      6:00 Open Activity                      6:30 LG/FG</p>	<p><b>16</b>                      10:30 Word Search &amp; Treats                      12:00 Doubles &amp; Triples                      1:30 <b>Best of Me</b>                      3:30 <b>GMM</b>                      6:00 Hobby Crafts</p>	<p><b>17</b>                      10:30 Coffee &amp; Crosswords                      12:00 Golf                      12:30 LG/FG                      1:45 Canasta Tournament                      2:00 <b>Drama Group</b>                      6:00 Bingo</p>	<p><b>18</b>                      1:30 Wizard                      4:00 <b>Scrabble</b>                      6:00 Open Activity</p>
<p><b>19</b>                      1:00 Bingo                      4:00 <b>Sunday Movie</b>                      6:00 Open Activity</p> 	<p><b>20</b>                      10:30 Hidden Pictures &amp; treat                      12:00 Bean Bag Baseball                      2:00 <b>Pool</b>                      6:00 Open Activity</p>	<p><b>21</b>                      10:30 Word Jumbles &amp; Treat                      10:30 Coffee Cruisers                      12:00 Ring Toss                      2:00 Explore a Park                      6:00 Hobby/Crafts</p>	<p><b>22</b>                      10:30 Word Games &amp; Treats                      10:30 Walk for Health                      12:00 Lucky Fly Ball                      2:00 Crib Corner                      6:00 Open Activity                      6:00 <b>Kitchen Kapers</b>                      6:30 LG/FG</p>	<p><b>23</b>                      10:30 Word Search &amp; Treats                      12:00 Doubles &amp; Triples                      1:30 <b>Best of Me</b>                      3:00 <b>Guitar Group</b>                      6:00 Hobby Crafts</p>	<p><b>24</b>                      10:30 Coffee &amp; Crosswords                      12:00 Golf                      12:30 LG/FG                      1:45 Canasta Tournament                      6:00 Bingo</p>	<p><b>25</b>                      1:30 Wizard                      3:00 <b>Soup and Sandwiches</b>                      4:00 Rummoli                      6:00 Open Activity</p>
<p><b>26</b>                      1:00 Bingo                      4:00 <b>Hearts</b>                      6:00 Open Activity</p>	<p><b>27</b>                      10:30 Hidden Pictures &amp; treat                      12:00 Bean Bag Baseball                      2:00 <b>Pool</b>                      6:00 <b>Drumming Circle</b></p>	<p><b>28</b>                      10:30 Word Jumbles &amp; Treat                      10:30 Coffee Cruisers                      12:00 Ring Toss                      2:00 <b>Fish Creek Picnic</b>                      6:00 Open Activity  <b>No Hobby Crafts</b></p>	<p><b>29</b>                      10:30 Word Games &amp; Treats                      10:30 Walk for Health                      12:00 Lucky Fly Ball                      2:00 Crib Corner                      6:00 Open Activity                      6:00 <b>Kitchen Kapers</b>                      6:30 LG/FG</p>	<p><b>30</b>                      10:30 Word Search &amp; Treats                      12:00 Doubles &amp; Triples                      1:30 <b>Bowling</b>                      6:00 Hobby Crafts</p>		

## Special Activity Highlights

### Wake Up Café - Wednesday September 1st at 11:00am

Join us for a light breakfast in the multi-purpose room at 11:00am. Sign up starts August 25th in the phone room.

### Golfing Trip - Thursday September 2nd at 1:30

Join us for a game of golf. Golf course to be announced.. Participants must have some experience with Golfing. Sign up occurred in August.

### Book Club - September 9th at 3:30pm

Book club is back! Please see Franka if you are interested in joining the book club. Limited space available.

### Spruce Meadows Trip - September 9th at 10:30 - 5:00

Join us for a trip to the Spruce Meadows Masters. We will take the C-Train to catch a shuttle to Spruce Meadows. Please sign up in the phone room beginning September 1st.

### Pampered Paws - September 10th at 1:30

Join Shelley for a fun and relaxing new group to learn how to look after your fingernails and decorate them while socializing with some great people. Sign up in the phone room beginning September 1st.

### Soup & Sandwiches - September 11th & 25th

Sign up for soup & sandwiches in the phone room beginning on September 7th for the 11th and on September 20th for the 25th. Only those signed up will receive a soup & sandwich.

### Zoo Trip - September 14th at 11:15am

Join us for another fun trip to the zoo. We will take city transit to the zoo and have a small snack. Bring your walking shoes and a water bottle. Sign up in the phone room beginning September 1st.

### Tribute to the Movies - September 14th at 2:00pm.

Tribute to the Movies is back! Join Shelley for an interesting movie and discussion about it. Sign up in the phone room begins September 1st.

### Best of Me - September 16th and 23rd at 1:30pm

Join Meagan and Kelley for a group exploring ways to bring out the best in you. Groups will include discussions, role playing, and collage.

### Kitchen Kapers - Wednesdays at 6:00pm

Kitchen Kapers will begin again on September 22nd. If you would like to join Kitchen Kapers please speak to Franka.

### Guitar Group - September 23rd at 3:00

Join Joseph and Todd for a lesson in guitar. Learn new skills or brush up on old ones. If you have a guitar please bring it with you. Limited space available. Sign up in the phone room.

### Fish Creek Park - September 28 at 2:pm - 7:00pm

Join us for a trip to Fish Creek Park for a picnic. We will take a school bus down there. Sign up in the phone room begins September 1st.

# RESOURCE/ACTIVITY CENTRE SEPTEMBER 2010

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

## 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.

**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. The participant's wins are kept track of, someone is eventually crowned Crib Champion.

**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.

**Hobby/Crafts** - This group meets Mondays, 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, you need to 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.**

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

### Recycling Sales

The date of this month's Recycling Sales

are:

September 9th - 1:30 - 3:30 pm.

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September 30th - 2:30 - 4:30 pm.

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

**Major Meals** - Self Help puts on four major meals a year; Stampede, Easter, Thanksgiving & New Year's. 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!

**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.

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

**Pen & Paper Activities** - Examples are Word Search & Treats, Hidden Pictures & Treat, and Coffee & Crosswords .

**Weekend Tournaments** - Saturday is the day for tournaments and group games. Some examples are Hearts, and Wizard .

**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.

**Special Events** - Special Events are held onsite and usually correspond with a holiday such as Christmas, St Patrick's Day, Stampede, Valentine's Day, Easter and long weekends.



*Calendars are subject to change*

## Special Activity Highlights

### Music Appreciation - September 7th at 2:00pm

Join Todd to explore the world of music. Sign up in the phone room beginning September 1st.

### Open Drama Group - September 17th at 2:00 pm

Join Kari and Meagan for drama group which is welcoming **NEW MEMBERS!** Come and join this fun, confidence building group. No experience necessary! Talk to Kari or Megan.

### Bowling Club - September 30th at 1:30 pm

Bowling club is back! Join us for a fun, non-competitive game of bowling. Sign up in the phone room starts on September 1st

### Drumming Circle - September 27th at 6:00 pm

Join Julien and Todd for a fun and relaxing session of drumming. Let the drumming calm you. Sign up in the phone room or talk to Julien or Todd Limited space available.

## 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*

## 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. The draw structure is as follows:

1 draw for 3-7 players  
2 draws 8-11 players  
3 draws for 12 or more players.

*Failure to provide adequate notice for cancellations may result in a temporary loss of recreation privileges*