



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>Holiday Hours</b> <b>12:00 - 7:45pm</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
1:00 Bingo 4:00 Hearts 6:00 Open Activity	1:30 31's 3:00 Wizard 6:00 Open Activity	10:30 Word Jumble & Treat 10:30 Coffee Cruisers 12:00 Ring Toss 3:00 Pool Tournament 3:30 <b>IA Committee Meeting</b> 6:00 <b>Hobby Crafts</b>	10:30 Word Games & Treat 10:30 <b>Walk for Health</b> 12:00 Lucky Fly Ball 2:00 Crib Corner 6:00 Open Activity 6:30 LG/FG	10:00 <b>William Watson Lodge Trip</b> 10:30 Word Search & Treats 12:00 Doubles & Triples 2:00 Kings & Jokers 6:00 Hobby Crafts	10:30 Coffee & Crosswords 12:00 Golf 12:30 LG/FG 2:00 Canasta Tournament 6:00 Bingo	1:30 Wizard Tournament 4:00 Crowns 6:00 Open Activity
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
1:00 Bingo 4:00 What is it? (the game) 6:00 Open Activity	10:30 Hidden Pictures & Treat 12:00 Bean Bag Baseball 1:30 Explore a Park 6:00 Open Activity	10:30 Word Jumble & Treat 10:30 Coffee Cruisers 12:00 Ring Toss 3:00 Pool Tournament 6:00 <b>Hobby Crafts</b>	10:30 Word Games & Treat 10:30 <b>Walk for Health</b> 12:00 Lucky Fly Ball 2:00 Crib Corner 6:00 Open Activity 6:30 LG/FG	10:30 Word Search & Treat 11:15 <b>Zoo Trip</b> 12:00 Doubles & Triples 2:00 Kings & Jokers 6:00 Hobby Crafts	10:30 Coffee & Crosswords 12:00 Golf 12:30 LG/FG 2:00 <b>Drama Group</b> 2:00 Canasta Tournament 6:00 Bingo	1:30 Wizard Tournament 3:00 <b>Soup &amp; Sandwiches</b> 6:00 Open Activity
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
1:00 Bingo 4:00 Crowns 6:00 Open Activity	10:30 Hidden Pictures & Treat 12:00 Bean Bag Baseball 1:30 Explore a Park 6:00 Open Activity	10:30 Word Jumble & Treat 10:30 Coffee Cruisers 12:00 Ring Toss 2:00 <b>Music Appreciation</b> 3:00 Pool Tournament 6:00 <b>Hobby Crafts</b>	10:30 Word Games & Treat 10:30 <b>Walk for Health</b> 12:00 Lucky Fly Ball 2:00 Crib Corner 6:00 Open Activity 6:30 LG/FG	10:30 Word Search & Treat 12:00 Doubles & Triples 3:30 <b>GMM</b> 6:00 Hobby Crafts	10:30 Coffee & Crosswords 12:00 Golf 12:30 LG/FG 1:00 <b>Farmer's Market</b> 2:00 Canasta Tournament 6:00 Bingo	1:30 Wizard Tournament 3:00 <b>Soup &amp; Sandwiches</b> 4:00 Hearts 6:00 Open Activity
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
1:00 Bingo 4:00 Sunday Movie 6:00 Open Activity	10:30 Hidden Pictures & Treat 12:00 Bean Bag Baseball 1:30 Explore a park 6:00 Open Activity	10:30 Word Jumble & Treat 10:30 Coffee Cruisers 10:30 <b>Heritage Park Trip</b> 12:00 Ring Toss 3:00 Pool Tournament 6:00 <b>Hobby Crafts</b>	10:30 Word Games & Treat 10:30 <b>Walk for Health</b> 12:00 Lucky Fly Ball 2:00 Crib Corner 6:00 Open Activities 6:30 LG/FG	10:30 Word Search & Treat 12:00 Doubles & Triples 2:00 Kings & Jokers 2:00 <b>Body Worlds &amp; the Brain</b> 6:00 Hobby Crafts	10:30 Coffee & Crosswords 12:00 Golf 12:30 LG/FG 2:00 <b>Drama Group</b> 2:00 Canasta Tournament 6:00 Bingo	1:30 Wizard Tournament 4:00 Wii on the Big Screen 6:00 Open Activity
<b>29</b>	<b>30</b>	<b>31</b>				
1:00 Bingo 4:00 Hearts 6:00 Open Activity	10:30 Hidden Pictures & Treat 12:00 Bean Bag Baseball 1:30 Explore a Park 2:00 <b>Guitar</b> 6:00 Open Activities	10:30 <b>Carburn Park Picnic</b> 10:30 Word Jumble & Treat 12:00 Ring Toss 3:00 Pool Tournament 6:00 <b>Hobby Crafts</b>				

**Resource Activity Centre**  
**Hours of Operation**  
 Monday through Friday – 10:00am to 9:00pm  
 Weekends and Holidays – 12:00pm to 7:45pm

## Special Activity Highlights

### William Watson Lodge Trip - August 5th at 10:00 am

Join us for a trip to William Watson Lodge in Kananaskis. We will take a school bus to and from the lodge, have a barbeque, play some games, have a hike by the lake and really enjoy the beautiful mountains Alberta is famous for.

Please bring good walking shoes, a hat, and your great attitude.  
**\$3.00 fee** for this trip. Sign up starts July 15th in the phone room.

### Walk for Health Wednesdays August 4th, 11th, 18th and 25th at 10:30 am

Join us for a fun and refreshing walk and a nutritional tip discussion each Wednesday morning. Walk off those winter pounds.

Sign up in phone room immediately.

### Trip to the Zoo—August 12th at 11:15am.

Join us for a trip to the zoo. Be sure to bring a water bottle, good walking shoes, a hat, and sun lotion. No lunch provided. Sign up starts July 1st in the phone room.

### Music Appreciation – August 17th at 2:00 pm

Join Todd to explore the musical talent of one of the great musicians  
Sign up in the phone room starting August 1st.

### Soup & Sandwiches - August 14th and August 21st at 3:00 pm

Sign up for soup & sandwiches in the phone room beginning on August 9th & August 16th. Limited space available. Only those signed up will receive a soup & sandwich.

### Farmer's Market - August 20th at 1:00

Join us for a trip to the Calgary Farmer's Market. We will take the bus there, have a look around, have a snack, and then bus back. Bring some money if you want to purchase a fruit or vegetable. Sign up in the phone room begins August 13th.  
Limited space available.

### Body Worlds and The Brain - August 26 at 2:00pm

Sign up to enter a draw for a trip to see the Body Worlds & the Brain exhibit. Only four individuals will be able to attend, so we will have a draw for the people who will go.  
Sign up begins August 15th in the phone room.

### Guitar Group - August 30th at 2:00 pm

Join Joseph and Todd for Guitar group! Learn some simple cords and brush up on the skills you have. For more information talk to Joseph or Todd. Limited space available, if you have a guitar please bring it! Sign up in phone room starts August 16th.

### Carburn Park Picnic - August 31st at 10:30 am.

Join us for a picnic at Carburn park. We will take a school bus to the park, have a picnic, play some games and relax for the afternoon. Limited space available. Sign up in the phone room starts August 16th.

## RESOURCE/ACTIVITY CENTRE AUGUST 2010

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

## General Activity Information

**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.

**Explore a Park** - Join us to enjoy a walk through some of Calgary's great parks. We will pick a park in the city and go walk and explore it on Mondays during the summer if weather permits.

**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 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. (Does not run during the summer months)**

**Light Meals** - Light meals take place every month. The menu usually changes every meal.

**Looking Good, Feeling Good** - 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 Year's. Major meals serve a large number of members. These meals usually involve games, prizes and sometimes entertainment.

**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.

**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.

### Recycling Sales

The date of this month's Recycling

Sales are:

**August 12th - 1:30 pm - 3:30pm**

**&**

**August 26th - 2:30 - 4:30 pm**

*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. 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*