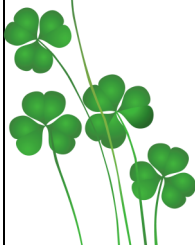






Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Important Dates for April Ballots April calendar and ballots available: Thurs. Mar. 16th Ballot submission deadline: Tues. Mar. 21st Approved ballots ready for pickup: Sat. Mar. 25th Last day to pick up approved ballots: Wed. Mar. 29th</p> </div> 			 <p>AGENCY CLOSED Staff Development Day</p>	1	2	3	4
5	6	7	8	9	10	11	
11:30 Coffee & Snack 12:00 Codenames 1:00 Bingo 3:00 Open Activity	12:00 Skip-bo 12:00 U-35: Super Smash Café 3:00 Pool	1:00 Scams and Fraud 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Eucre 12:30 Relaxation Group 1:30 <i>Money Mentors pt.2</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 2:30 LG/FG 3:00 Qwirkle 3:00 <i>Art Therapy pt. 5</i>	11:30 Coffee & Snack 12:00 Crowns 1:00 Ping Pong Tournament 3:00 Open Activity	
12	13	14	15	16	17	18	
11:30 Coffee & Snack 12:00 Monopoly 1:00 Bingo 3:00 Open Activity	12:00 Skip-bo 1:00 Sit & Be Fit 3:00 Darts	TBD Movie Goers 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 11:00 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	Apr. ballots available after 10:00am 12:00 Canasta 12:30 Relaxation Group 1:30 <i>Money Mentors pt.3</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 1:00 Leprechaun Scavenger Hunt 2:30 LG/FG 3:00 Quiddler 3:00 <i>Art Therapy pt. 6</i> 	11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity	
19	20	21	22	23	24	25	
11:30 Coffee & Snack 12:00 Guillotine 1:00 Bingo 3:00 Open Activity	12:00 Armchair Travel 12:00 Skip-bo 3:00 Pool	Apr. ballot submission deadline 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Tea Time 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Canasta 12:30 Relaxation Group 1:30 <i>Money Mentors pt.4</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Sip & Stitch 12:00 Crib 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Uno	Apr. ballots ready for pick up 11:30 Coffee & Snack 12:00 Crowns 1:00 Docu-zone 3:00 Open Activity	
26	27	28	29	30	31		
11:00 Mindfulness 11:30 Coffee & Snack 12:00 Wizard 1:00 Bingo 3:00 Open Activity	11:00 Artistic Trading Cards 12:00 Skip-bo 1:00 Dance & Movement 3:00 Darts	10:30 <i>Rewired</i> 12:00 Social Dining Experience 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 <i>Book Club</i> 3:00 Open Activity	Apr. ballots pick up deadline 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Bananagrams 12:30 Relaxation Group 1:30 <i>Money Mentors pt.5</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 1:00 Colouring Therapy 2:30 LG/FG 3:00 Apples to Apples		

Support & Recreation Services

Hours of Operation - 10:00am to 6:00pm

including weekends and holidays

To ensure the health and safety of our clients and staff, certain protocols have been put in place including:

- Upon arrival, all clients are required to complete a wellness check to screen for COVID-19 symptoms
 - Mask are optional and will be provided upon request
- **There is no drop-in programming on Wednesdays after 2:00pm**

Reach for Recovery: Recovery from addiction/substance abuse is a challenge for many individuals. The purpose of the group is to provide participants with coping strategies to encourage and maintain their sobriety. Join Todd to explore the many roads to recovery, in a safe and confidential environment... to meet you where you are at! **Speak to Todd for sign-up.**

Welcome 101: Welcome 101 is a chance for new clients to get engaged with Elements and learn the ins and outs of the SRS! Light refreshments will be served. See Stephanie for more details.

Hobby Crafts : Hobby Crafts is a group where clients have the opportunity to choose and work on a craft of their choice, such as needle work, painting, sewing, scrapbooking, models etc. in a structured environment. **This is a sessional based activity and is NOT drop-in.**

Book Club: Read and discuss a variety of different books chosen by the facilitator. This discussion group runs once a month for 10 weeks and is **NOT** drop-in. Speak to Janet for more information.

Sip & Stitch: Do you enjoy knitting, crocheting, cross stitch, needlepoint, or diamond dots while socializing? Then join us for Sip & Stitch a fun, relaxed activity that allows you to bring your favourite needle craft, chat with a few friends and enjoy a warm beverage.

Looking Good, Feeling Good (LG/FG): A clothing program for Elements clients. LG/FG runs Wednesdays from 10:30am– 1:00pm, and Fridays 2:30pm– 5:00pm

Bingo: Join us for a few rounds of Bingo, with prizes to be won! Runs Sundays at 1:00pm. Sign-up begins at 12:00pm and is on a first come first served basis.

*If you have questions, comments or concerns please contact
Janet, Kazeem or Taya*

Activity Highlights: These Events Require Sign Up

* Calendar Subject to Change*



Tai Chi: Mar. 2nd at 1:00pm

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Join us for a beginners lesson.

Mindfulness Program: Mar. 3rd, 10th, 17th, 26th & 31st 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.

Karaoke: Mar. 4th at 1:00pm

Join us for a fun afternoon of Karaoke and snacks. Please sign up as either "audience" or "singer".

U-35: Super Smash Café: Mar. 6th at 12:00pm

Join Kazeem for an afternoon of fun, food and games! Venture to the Super Smash Café and play a variety of different board and video games while socializing with your peers!

this activity is for clients age 35 years and under

Scams and Fraud: Mar. 7th at 1:00pm

Did you know that in 2022 Canadians lost more than 2,400,000 dollars to scams and fraud? Scams and fraudsters are getting better and better at tricking us into parting with our money. Join us as we partner with the BBB to deliver a presentation on becoming better at detecting scams.

Coffee Talk: Mar. 8th, 15th, 22nd & 29th at 11:00am

Come join a casual group discussion in the SRS that is facilitated by Recreation staff. Coffee will be provided.

Relaxation Group: Mar. 9th, 16th, 23rd & 30th at 12:30pm

Join us for an hour of restorative yoga. The techniques taught focuses on the importance of the breath. This class is taught by a certified yoga instructor. No experience necessary. Suitable for all skill levels.

Ping Pong Tournament: Mar. 11th at 1:00pm

Get your game face on for a chance to claim Elements Ping Pong Championship! Regardless of your skill level, join us for some Ping Pong— tournament style!

Sit & Be Fit: Mar. 13th & 24th at 1:00pm

Join us for a beginner full body seated exercise class using resistance bands and bodyweight exercises. Suitable for all skill levels, no experience necessary.

Movie Goers: Mar. 14th at TBD

Enjoy the full movie theatre experience at Chinook Mall! Sit in the comfy chairs, eat some delicious treats and enjoy the show. Movie and time will be determined closer to the date.

Name that Tune: Mar. 18th at 1:00pm

Put your music knowledge to the test, with name that tune! Prizes to be won!

Armchair Travel: Mar. 20th at 12:00pm

Join us for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite and experience a taste of local cuisine. No passport required.

Tea Time: Mar. 21st at 2:00pm

Join Taya for a relaxing Tuesday afternoon sipping tea and socializing with friends. A variety of different teas will be available to try and enjoy!

Docu-zone: Mar. 25th at 1:00pm

Join Kazeem for an interesting documentary film followed by great conversation, discussion and snacks.

Artistic Trading Cards: Mar. 27th at 11:00am

Come explore and create Artist Trading Cards. Combining ink, stamps, pencil crayons, and hockey sized cardstock with your imagination, we will make small cards to be kept, traded or gifted.

Dance & Movement: Mar. 27th at 1:00pm

This program will incorporate a variety of movement activities, focused on bringing awareness into our bodies and mindfulness into our movement. Seated and standing, participants will be encouraged to explore and expand their range of movement, while having fun and connecting with others in the group.

Social Dining Experience: Mar. 28th at 12:00pm

Come join us at Calgary's #1 pasta bar. YYC Pasta bar serves authentic Italian pasta dishes with some innovative twist. Every day they prepare fresh ingredients on site and offer a healthy menu where they focus on product quality and taste. They also offer gluten free and vegan options. You won't want to miss this great dining experience!

Colouring Therapy: Mar. 31st at 11:00am

Join Taya in a relaxing colouring program. A selection of images will be offered for you to transform into coloured art!

