



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>30</b> 11:30 Coffee & Snack 12:30 Wizard 1:00 Bingo 3:00 Open Activity			<b>Important Dates for May Ballots</b> May calendar and ballots available: Thurs. Apr. 20 <sup>th</sup> Ballot submission deadline: Tues. Apr. 25 <sup>th</sup> Approved ballots ready for pickup: Sat. Apr. 29 <sup>th</sup> Last day to pick up approved ballots: Wed. May 3 <sup>rd</sup>				<b>1</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Sit &amp; Be Fit</b> 3:00 Open Activity
<b>2</b> 11:30 Coffee & Snack 12:30 Nope! 1:00 Bingo 3:00 Open Activity	<b>3</b> 12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Diary Space</b> 3:00 Pool	<b>4</b> 10:30 <i>Rewired</i> 1:00 <b>Talk &amp; Walk for Wellness</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	<b>5</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	<b>6</b> 12:00 Apples to Apples 12:30 <b>Tai Chi</b> 1:30 <i>Money Mentors pt.6</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>7</b> 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Phase 10	<b>8</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Karaoke</b> 3:00 Open Activity	
<div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Easter Sunday</b></div> <b>9</b> 11:00 <b>Mindfulness</b> 11:30 Coffee & Snack 12:30 Canasta 1:00 Bingo 3:00 Open Activity	<div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Easter Monday</b></div> <b>10</b> 12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Docu-zone</b> 3:00 Darts	<b>11</b> 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 1:00 <b>Themed Creations</b> 2:00 Dutch Blitz 3:00 Open Activity	<b>12</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	<b>13</b> 12:00 Quiddler 12:30 <b>Relaxation Group</b> 1:30 <i>Money Mentors pt.7</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>14</b> 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Colouring Therapy</b> 2:30 LG/FG 3:00 Uno	<b>15</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Name That Tune</b> 3:00 Open Activity	
<b>16</b> 11:30 Coffee & Snack 12:30 Apples to Apples 1:00 Bingo 3:00 Open Activity	<b>17</b> 12:00 Noon Hour Game 11:00 <b>Artistic Trading Cards</b> 12:00 Skip-bo 3:00 Pool	<b>18</b> 9:00 <b>Calgary Philharmonic</b> 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	<b>19</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 11:00 <i>Welcome 101</i> 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	<b>20</b> May ballots available after 10:00am 12:00 Jenga 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>21</b> 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Sit &amp; Be Fit</b> 2:30 LG/FG 3:00 Guillotine	<b>22</b> 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity	
<b>23</b> 11:30 Coffee & Snack 12:30 Ticket to Ride 1:00 Bingo 1:30 <b>PALS Program pt. 1</b> 2:15 <b>PALS Program pt. 2</b> 3:00 Open Activity	<b>24</b> 11:00 <b>U-35: Bowling</b> 12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Dance &amp; Movement</b> 3:00 Darts	<b>25</b> May ballot submission deadline 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 <i>Book Club</i> 3:00 Open Activity	<b>26</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	<b>27</b> 12:00 Canasta 12:30 <b>Relaxation Group</b> 3:00 Open Activity 3:30 <b>Calgary Expo</b> 4:00 <i>Hobby Crafts</i>	<b>28</b> 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Colouring Therapy</b> 2:30 LG/FG 3:00 Qwirkle	<b>29</b> May ballots ready for pick up 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Air Hockey Tournament</b> 3:00 Open Activity	

## 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. This is **NOT** a teaching class.

**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\*



**Sit & Be Fit: Apr. 1<sup>st</sup> & 21<sup>st</sup> 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.

**Diary Space: Apr. 3<sup>rd</sup> at 1:00pm**  
In this program, we will be teaching and developing skills to engage in ongoing reflection through journaling. Journaling has been shown to have tremendous impact on reducing anxiety, stress, and depression.

**Talk & Walk for Wellness: Apr. 4<sup>th</sup> at 1:00pm**  
Join Janet in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

**Coffee Talk: Apr. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> at 11:00am**  
Come join a casual group discussion in the SRS that is facilitated by Recreation staff. Coffee will be provided.

**Tai Chi: Apr. 6<sup>th</sup> 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: Apr. 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</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.

**Karaoke: Apr. 8<sup>th</sup> at 1:00pm**  
Join us for a fun afternoon of Karaoke and snacks. Please sign up as either "audience" or "singer".

**Docu-zone: Apr. 10<sup>th</sup> at 1:00pm**  
Join Kazeem for an interesting documentary film followed by great conversation, discussion and snacks.

**Themed Creations: Apr. 11<sup>th</sup> at 1:00pm**  
Join Janet in making a fun Easter craft! Using Styrofoam, fabric, and other supplies we will be creating a cute gnome centrepiece!

**Relaxation Group: Apr. 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> 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.

**Colouring Therapy: Apr. 14<sup>th</sup> OR 28<sup>th</sup> at 11:00am**  
Join Taya in a relaxing colouring program. A selection of images will be offered for you to transform into coloured art!

**Name that Tune: Apr. 15<sup>th</sup> at 1:00pm**  
Put your music knowledge to the test, with name that tune! Prizes to be won!

**Artistic Trading Cards: Apr. 17<sup>th</sup> 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.



**Calgary Philharmonic: Apr. 18<sup>th</sup> at 9:00am**  
Discover the traditional Blackfoot story of Napi and the Rock on stage! This special collaboration with Making Treaty 7 Cultural Society features music by Cris Derksen and Sonny-Ray Day Rider performed by Calgary Phil musicians, combined with engaging storytelling and set design.

**PALS Program: Apr. 23<sup>rd</sup> at 1:30pm OR 2:15pm**  
Volunteers from Pet Access League Society will be coming to join us with their pet therapy program. Clients will gather and have a 45 min session to enjoy the company of a 4-legged volunteer working dog or cat.

**Please do not sign up if you have allergies.**

**U-35: Bowling: Apr. 24<sup>th</sup> at 11:00am**  
Come join your U-35 friends as we take an adventure to the Chinook Bowladrom, a place where plenty of fun and food happens! We will play a game or two and share in this place's magic!  
\*\*\*this activity is for clients age 35 years and under\*\*\*

**Dance & Movement: Apr. 24<sup>th</sup> 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.

**Calgary Expo: Apr. 27<sup>th</sup> at 3:30pm**  
Calgary Expo, known in full as the Calgary Comic and Entertainment Expo, is an annual fan convention held at Stampede Park. Experience the ultimate playground for Comics, Sci-Fi, Horror, Anime, and Gaming!

**Air Hockey Tournament: Apr. 29<sup>th</sup> at 1:00pm**  
Regardless of your skill level, join us for some Air Hockey —tournament style!