



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool	2 10:30 <i>Rewired</i> 12:00 U-35:Another Dimension 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	3 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	4 12:00 Exploding Kittens 1:00 Tai Chi 1:30 Studio Bell 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	5 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Scrabble	6 11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
7 11:30 Coffee & Snack 12:30 Hues and Cues 1:00 Bingo 3:00 Open Activity	8 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Diary Space 3:00 Darts	9 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 2:00 Tea Time 2:00 Dutch Blitz 3:00 Open Activity	10 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	11 12:00 Blokus 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Colouring Therapy 2:30 LG/FG 3:00 Quiddler	13 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity
14 11:30 Coffee & Snack 12:30 Taco Cat Goat... 1:00 Bingo 3:00 Open Activity	15 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Dance & Movement 3:00 Pool	16 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 1:00 Themed Creations 2:00 Dutch Blitz 3:00 Open Activity	17 10:30 LG/FG 11:00 Coffee Talk 2:00 Spring Meal No Drop-in after 2:00pm	18 June activity sign-up available	19 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Uno	20 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
21 11:00 Mindfulness 11:30 Coffee & Snack 12:30 Wizard 1:00 Bingo 3:00 Open Activity	22 <div style="border: 1px solid black; padding: 5px; text-align: center;">Victoria Day</div> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts	23 Last day to submit activity sign-up 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 1:00 Sit & Be Fit 2:00 Dutch Blitz 3:00 Open Activity	24 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	25 12:00 Euchre 12:30 Relaxation Group 1:00 Glenbow at the Edison 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	26 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Canasta	27 Activity sign-up ready for pick-up 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
28 11:30 Coffee & Snack 12:30 Apples to Apples 1:00 Bingo 3:00 Open Activity	29 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Talk & Walk for Wellness 3:00 Pool	30 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 1:00 Colouring Therapy 2:00 Dutch Blitz 3:00 <i>Book Club</i> 3:00 Open Activity	31 Last day to pick-up activity sign-up 10:30 LG/FG 10:30 Horse Play 11:00 Coffee Talk 12:00 Wizard 12:00 Noon Hour Game No Drop-in after 2:00pm	 <p>Important Dates for June Sign-up June calendar and activity sign-up available: Thurs. May 18th Last day to submit activity sign-up: Tues. May 23rd Activity sign-up ready for pick-up: Sat. May 27th Last day to pick-up activity sign-up: Wed. May 31st</p>		

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*



Artistic Trading Cards: May 1st 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

U-35: Another Dimension: May 2nd at 12:00pm

Join us for an epic adventure into the world of comics at Another Dimension. U-35 Outing welcomes young adults under 35 to discover their favorite heroes, villains, and graphic novels, while enjoying exclusive discounts and events, all within a budget-friendly range.

this activity is for clients age 35 years and under

Coffee Talk: May 3rd, 10th, 17th, 24th & 31st at 11:00am

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

Tai Chi: May 4th 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.

Studio Bell: May 4th at 1:30pm

Join us as we explore the home for music in Canada: Studio Bell. We will be taking the LRT and walking to the Centre.

Mindfulness Program: May 5th, 12th, 21st & 26th 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: May 6th at 1:00pm

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

Diary Space: May 8th 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.

Tea Time: May 9th 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!

Relaxation Group: May 11th, 18th & 25th 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: May 12th OR 30th at 1:00pm

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

Name that Tune: May 13th at 1:00pm

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

Dance & Movement: May 15th 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.

Themed Creations: May 16th at 1:00pm

Get in the spirit of spring! Join Janet as you create a living masterpiece using succulents, soil and your own creativity!

Spring Meal: May 17th at 2:00pm

Spring is here!! Join us while we enjoy a delicious gourmet meal to celebrate, and welcome this new season.

Sit & Be Fit: May 23rd 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.

Glenbow at the Edison: May 25th at 1:00pm

Glenbow is a museum that believes art is for everyone! Join us as we explore the museums temporary location, Glenbow at the Edison.

U-35: Games Galore: May 27th at 1:00pm

Join us for an afternoon of games, food, and merriment! Socialize, learn new games or play old favourite while having fun and meeting new friends.

this activity is for clients age 35 years and under

Talk & Walk for Wellness: May 29th at 1:00pm

Join Janet in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

Horse Play: May 31st at 10:30am

Join us for a fun filled outing to meet some very special horses. Learn some basic horse etiquette while feeding, grooming and petting some horses. Lunch will be provided.

