


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Important Dates for July Sign-up</b>            July calendar and activity sign-up available: Thurs. June 15<sup>th</sup>            Last day to submit activity sign-up: Tues. June 20<sup>th</sup>            Activity sign-up ready for pick-up: Sat. June 24<sup>th</sup>            Last day to pick-up activity sign-up: Wed. June 28<sup>th</sup></p>				1	2	3
4	5	6	7	8	9	10
11:30 Coffee & Snack 12:30 Dix-it 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Creative Writing</b> 3:00 Darts	1:00 <b>Talk &amp; Walk for Wellness</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard 12:00 Noon Hour Game  No Drop-in after 2:00pm	11:00 <b>Heritage Park</b> 12:00 Qwirkle 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Uno 4:30 <b>U-35: Laser Tag</b>	11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Ping Pong Tournament</b> 3:00 Open Activity
11	12	13	14	15	16	17
11:00 <b>Mindfulness</b> 11:30 Coffee & Snack 12:30 Wizard 1:00 Bingo 3:00 Open Activity	11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool	12:00 <b>Calgary Zoo</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	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	July activity sign-up available	11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Sit &amp; Be Fit</b> 2:30 LG/FG 3:00 Phase 10	11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Zentangles</b> 3:00 Open Activity
18	19	20	21	22	23	24
11:30 Coffee & Snack 12:30 Hues and Cues 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Docu-zone</b> 3:00 Darts	Last day to submit activity sign-up	10:30 LG/FG 10:30 <b>Horse Play</b> 11:00 <b>Coffee Talk</b> 12:00 Wizard 12:00 Noon Hour Game  No Drop-in after 2:00pm	11:00 <b>Limited Mobility: Avenida Food Hall</b> 12:00 Scrabble 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Guillotine	Activity sign-up ready for pick-up
25	26	27	28	29	30	
11:30 Coffee & Snack 12:30 Apples to Apples 1:00 Bingo 3:00 Open Activity	11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 12:00 Skip-bo 2:00 <b>Dance &amp; Movement</b> 3:00 Pool	11:00 <b>Coffee Cruisers</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 11:00 <b>Bowness Park</b> 12:00 Wizard 12:00 Noon Hour Game  No Drop-in after 2:00pm	12:00 Eights 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 12:30 <b>Reader Rock Garden</b> 2:30 LG/FG 3:00 Blokus	

## 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\*



### Tai Chi: June 1<sup>st</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: June 2<sup>nd</sup>, 11<sup>th</sup> & 16<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.

### Colouring Therapy: June 2<sup>nd</sup> at 1:00pm OR June 26<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: June 3<sup>rd</sup> at 1:00pm

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

### Creative Writing: June 5<sup>th</sup> at 1:00pm

Join us this month as we delve into the captivating world of creative writing. This art form encompasses a wide range of expressions, from crafting compelling characters, intricate plots, and meaningful themes, to conjuring vivid settings in novels, scriptwriting, and even poetry. Our primary focus will be on honing our creative writing skills by exploring diverse techniques. Together, we will engage in two activities specially designed to foster our growth as writers.

### Talk & Walk for Wellness: June 6<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: June 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> at 11:00am

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

### Heritage Park: June 8<sup>th</sup> at 11:00am

With over 180 exhibits and 55,000 artifacts, there's something for everyone at Heritage Park! Join us as we explore the park and learn a bit of history along the way.

### Relaxation Group: June 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<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.

### U-35: Laser Tag: June 9<sup>th</sup> at 4:30pm

Join us for an action-packed afternoon at Laser City! You will rush into a multi-level arena, phaser in hand ready to tag the opposing team while ensuring you don't get tagged. Afterwards, you will be awarded with pizza for your hard work!

\*\*\*this activity is for clients age 35 years and under\*\*\*

### Ping Pong Tournament: June 10<sup>th</sup> 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!

### Artistic Trading Cards: June 12<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 Zoo: June 13<sup>th</sup> at 12:00pm

Join us for an exploratory walk through the Calgary Zoo. Enjoy visiting a variety of different animals while socializing and soaking up some fresh air. Please dress for the weather.

### Marble Slab Creamery: June 15<sup>th</sup> at 1:00pm

Choose your Ice Cream, Mixins, and Cone and they'll mix it up on their legendary frozen slab! With over 50 flavours of Ice Cream and unlimited Mixins, the possibilities are endless.

### Sit & Be Fit: June 16<sup>th</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.

### Zentangles: June 17<sup>th</sup> at 1:00pm

Zentangles are an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Using this technique we will be personalizing your very own journal!

### Docu-zone: June 19<sup>th</sup> at 1:00pm

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

### Themed Creations: June 20<sup>th</sup> at 1:00pm

Join Janet as you create a beautiful sun catcher using embroidery hoops, cellophane wrap and colourful ink!

### Horse Play: June 21<sup>st</sup> 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.

### Limited Mobility: Avenida Food Hall: June 22<sup>nd</sup> at 11:00am

Join us as we explore the Avenida Food Hall! With cuisine ranging from vegan Ethiopian all the way to Korean fusion taco's, you're sure to find something delicious!

### U-35: Games Galore: June 24<sup>th</sup> 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\*\*\*

### Dance & Movement: June 26<sup>th</sup> at 2:00pm

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.

### Coffee Cruisers: June 27<sup>th</sup> at 11:00am

A leisurely walk for coffee and conversation at a nearby café. Please dress appropriately for the weather.

### Bowness Park: June 28<sup>th</sup> at 11:00am

Come and enjoy a relaxing day at Bowness Park! Experience the beauty of the park, a delicious picnic and wonderful company. Please dress for the weather.

### Reader Rock Garden: June 30<sup>th</sup> at 12:30pm

Come along as we visit one of Calgary's most unique cultural landscapes featuring the restored Reader house, rock pathways, bridges, benches and beautiful flowers.