




Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<p align="center">Important Dates for October Sign-up October calendar and activity sign-up available: Thurs. Sept. 21st Last day to submit activity sign-up: Tues. Sept. 26th Activity sign-up ready for pick-up: Sat. Sept. 30th Last day to pick-up activity sign-up: Wed. Oct. 4th</p>				1	2
3	4 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Labour Day</div>	5	6	7	8	9	
11:00 Mindfulness 11:30 Coffee & Snack 12:30 Blokus 1:00 Bingo 3:00 Open Activity	11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Creative Writing 3:00 Pool	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 Crowns 1:00 Tai Chi 2:00 <i>Money Matters p.1</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 1:00 Colouring Therapy 2:30 LG/FG 3:00 Rummy-O	11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity	
10	11	12	13	14	15	16	
11:00 Mindfulness 11:30 Coffee & Snack 12:30 Codenames 1:00 Bingo 3:00 Open Activity	11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts	1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Docu-zone 3:00 Open Activity	10:30 Horse Play 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Quiddler 12:30 Relaxation Group 2:00 <i>Money Matters p.2</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Azul	11:30 Coffee & Snack 12:00 Crowns 1:00 Ping Pong Tournament 3:00 Open Activity	
17	18	19	20	21 Oct. activity sign-up available	22	23	
11:30 Coffee & Snack 12:30 Connect 4 Tournament 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 1:00 Talk & Walk for Wellness 3:00 Pool	12:00 Calgary Zoo 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	12:00 Euchre 12:30 Relaxation Group 2:00 <i>Money Matters p.3</i> 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 Hues and Cues 3:30 <i>Art Therapy pt. 1</i>	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity	
24	25	26 Last day to submit activity sign-up	27	28	29	30 Activity sign-up ready for pick-up	
11:30 Coffee & Snack 12:30 Telestrations 1:00 Bingo 1:30 PALS Program pt. 1 2:15 PALS Program pt. 2 3:00 Open Activity	11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts	11:00 Colouring Therapy 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 Phase 10 12:30 Relaxation Group 2:00 <i>Money Matters p.4</i> 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Wizard 3:30 <i>Art Therapy pt. 2</i>	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Truth & Reconciliation Day</div> 11:30 Coffee & Snack 12:00 Crowns 1:00 Air Hockey Tournament 3:00 Open Activity	

Support & Recreation Services

Hours of Operation - 10:00am to 6:00pm
including weekends and holidays

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.

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*



U-35: Games Galore: Sept. 2nd 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

Mindfulness Program: Sept. 3rd, 10th & 29th 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.

Creative Writing: Sept. 4th at 1:00pm
Creative writing is about creating characters, plots, themes, and settings in fictional works from novels, scriptwriting, to poetry, creative writing encompasses various artforms. This month we will explore the art of musical lyrics and learn to identify the various structures in lyrics. We will engage in creative activities to get our writing juices flowing. Join us!

Tea Time: Sept. 5th at 2:00pm
Join us for a relaxing Tuesday afternoon sipping tea and socializing with friends. A variety of different teas will be available to try and enjoy!

Coffee Talk: Sept. 6th, 13th, 20th & 27th at 11:00am
Come join a casual group discussion in the SRS that is facilitated by Recreation staff. Coffee will be provided.

Tai Chi: Sept. 7th 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.

Colouring Therapy: Sept. 8th at 1:00pm OR 26th 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: Sept. 9th at 1:00pm
Put your music knowledge to the test, with name that tune! Prizes to be won!

Artistic Trading Cards: Sept. 11th 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.

Docu-zone: Sept. 12th at 2:00pm
Join Kazeem for an interesting documentary film followed by great conversation, discussion and snacks.

Horse Play: Sept. 13th 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.

Relaxation Group: Sept. 14th, 21st & 28th 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.



Sit & Be Fit: Sept. 15th 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.

Ping Pong Tournament: Sept. 16th 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!

Talk & Walk for Wellness: Sept. 18th at 1:00pm
Join Janet in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

Calgary Zoo: Sept. 19th 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.

Karaoke: Sept. 23rd at 1:00pm
Join us for a fun afternoon of Karaoke and snacks. Please sign up as either "audience" or "singer".

PALS Program: Sept. 24th 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.

Themed Creations: Sept. 25th at 11:00am
Using small plastic beads with a hollow centre, called perler beads and a simple iron, create a unique handmade masterpiece!

Air Hockey Tournament: Sept. 30th at 1:00pm
Regardless of your skill level, join us for some Air Hockey—tournament style!