




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b></p> <p><b>New Year's Day Bingo</b></p> <p>11:00 Goodies, Coffee, Tea &amp; Hot Chocolate <b>New Year's Day Bingo</b> 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3</p>	<p><b>2</b></p> <p>11:00 <b>Diary Space</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p><b>3</b></p> <p>10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p><b>4</b></p> <p>12:00 Uno 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p><b>5</b></p> <p>11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler</p>	<p><b>6</b></p> <p>11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>U-35: Games Galore</b> 3:00 Open Activity</p>
<p><b>7</b></p> <p>11:30 Coffee &amp; Snack 12:30 Wizard 1:00 Bingo 3:00 Open Activity</p>	<p><b>8</b></p> <p>11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity</p>	<p><b>9</b></p> <p>11:00 <b>Coffee Cruisers</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p><b>10</b></p> <p>10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p><b>11</b></p> <p>12:00 Karma 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p><b>12</b></p> <p>11:00 <b>Artistic Trading Cards</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Hues and Cues</p>	<p><b>13</b></p> <p>11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>Name That Movie</b> 3:00 Open Activity</p>
<p><b>14</b></p> <p>11:00 <b>Mindfulness</b> 11:30 Coffee &amp; Snack 12:30 Exploding Kittens 1:00 Bingo 3:00 Open Activity</p>	<p><b>15</b></p> <p>11:00 <b>Creative Writing</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p><b>16</b></p> <p>11:00 <b>U-35: Hexagon Café</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p><b>17</b></p> <p>10:30 LG/FG 11:00 <b>Coffee Talk</b> 11:00 <i>Welcome 101</i> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p><b>18</b></p> <p>Feb. activity sign-up available</p> <p>12:00 Hearts 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p><b>19</b></p> <p>12:00 Crib 12:00 Noon Hour Game 1:00 <b>Sit &amp; Be Fit</b> 2:30 LG/FG 3:00 Dixit</p>	<p><b>20</b></p> <p>11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>Ping Pong Tournament</b> 3:00 Open Activity</p>
<p><b>21</b></p> <p>11:30 Coffee &amp; Snack 12:30 Qwirkle 1:00 Bingo 3:00 Open Activity</p>	<p><b>22</b></p> <p>11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity</p>	<p><b>23</b></p> <p>Last day to submit activity sign-up</p> <p>12:00 <b>Social Dining Experience</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p><b>24</b></p> <p>10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p><b>25</b></p> <p>12:00 Yahtzee 12:30 <b>Relaxation Group</b> 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i></p>	<p><b>26</b></p> <p>11:00 Sip &amp; Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Sit &amp; Be Fit: Limited Mobility</b> 2:30 LG/FG 3:00 Guillotine</p>	<p><b>27</b></p> <p>Activity sign-up ready for pick-up</p> <p>11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>Karaoke</b> 3:00 Open Activity</p>
<p><b>28</b></p> <p>11:00 <b>Mindfulness</b> 11:30 Coffee &amp; Snack 12:30 Apples to Apples 1:00 Bingo 3:00 Open Activity</p>	<p><b>29</b></p> <p>12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Docu-zone</b> 3:00 Darts 3:00 Open Activity</p>	<p><b>30</b></p> <p>11:00 <b>Themed Creations</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p><b>31</b></p> <p>Last day to pick-up activity sign-up</p> <p>10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<div style="border: 1px dashed black; padding: 10px; text-align: center;">  <p><b>Important Dates for February Sign-up</b>            February calendar and activity sign-up available: Thurs. Jan. 18<sup>th</sup>            Last day to submit activity sign-up: Tues. Jan. 23<sup>rd</sup>            Activity sign-up ready for pick-up: Sat. Jan. 27<sup>th</sup>            Last day to pick-up activity sign-up: Wed. Jan. 31<sup>st</sup></p>  </div>		

## 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.**

**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.

**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.**

**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.

**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.

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

## Activity Highlights: These Events Require Sign Up

\* Calendar Subject to Change\*



### **Diary Space: Jan. 2<sup>nd</sup> at 11:00am**

In Diary Space, you'll have the chance to engage in ongoing reflective journaling. Our facilitator will provide you with thought-provoking prompts in a serene and tranquil setting. Research has demonstrated that journaling positively reduces stress, alleviates anxiety, and mitigates depression. Join us on this personal journey to wellness!

### **Coffee Talk: Jan. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<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.

### **Tai Chi: Jan. 4<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: Jan. 5<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.

### **U-35: Games Galore: Jan. 6<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\*\*\*

### **Colouring Therapy: Jan. 8<sup>th</sup> OR 22<sup>nd</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!

### **Coffee Cruisers: Jan. 9<sup>th</sup> at 11:00am**

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

### **Relaxation Group: Jan. 11<sup>th</sup>, 18<sup>th</sup> & 25<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.

### **Artistic Trading Cards: Jan. 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.

### **Name that Movie: Jan. 13<sup>th</sup> at 1:00pm**

Put your film knowledge to the test, with name that movie! Prizes to be won!

### **Creative Writing: Jan. 15<sup>th</sup> at 11:00am**

Explore the enchanting world of poetry, where words become evocative verses, igniting imagination, stirring emotions, and conveying profound messages. Discover the fundamental elements that breathe life into this captivating art form in this month's creative writing.



### **U-35: Hexagon Café: Jan. 16<sup>th</sup> at 11:00am**

Hey U-35 gamers! Get excited for an unforgettable afternoon at Hexagon Cafe! Join the fun, play your favourite games, and socialize with friends! Mark your calendar and get ready to level up the excitement!

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

### **Sit & Be Fit: Jan. 19<sup>th</sup> at 1:00pm and Jan. 26<sup>th</sup> at 1:00pm- Limited Mobility.**

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: Jan. 20<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!

### **Social Dining Experience: Jan. 23<sup>rd</sup> at 12:00pm**

Come join us in trying out Calgary's newest trailblazing burger experience! Saucy Burger is proud to serve high-quality, locally sourced products to bring you an iconic experience with a ton of tasty memories along the way!

### **Karaoke: Jan. 27<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: Jan. 29<sup>th</sup> at 11:00am**

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

### **Themed Creations: Jan. 30<sup>th</sup> at 11:00am**

Join Janet in making a glass painting masterpiece! We will be using a picture frame, paint pens and permanent markers to create your own design.