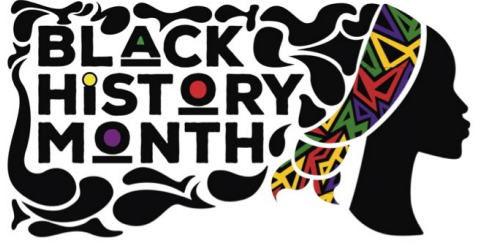




Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<p>Important Dates for March Sign-up February calendar and activity sign-up available: Thurs. Feb. 15th Last day to submit activity sign-up: Tues. Feb. 20th Activity sign-up ready for pick-up: Sat. Feb. 24th Last day to pick-up activity sign-up: Wed. Feb. 28th</p>		1	2	3
4	5	6	7	8	9	10	
11:30 Coffee & Snack 12:30 Nope! 1:00 Bingo 3:00 Open Activity	11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	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 Jenga 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Sip and Stich 12:00 Crib 12:00 Noon Hour Game 1:00 YYC Hot Chocolate Fest 2:30 LG/FG 3:00 Taco Cat Goat...	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity	
11	12	13	14	15	16	17	
11:30 Coffee & Snack 12:30 Dixit 1:00 Bingo 3:00 Open Activity	11:00 Mindfulness 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Diary Space 3:00 Darts 3:00 Open Activity	11:00 Explore Black History 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 11:00 <i>Welcome 101</i> 2:00 Valentine's Day Dance  No Drop-in after 2:00pm	Mar. activity sign-up available 11:00 Chinese Cultural Centre 12:00 Eights 12:30 Relaxation Group 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 Wizard	11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity	
18	19	20	21	22	23	24	
11:00 Mindfulness 11:30 Coffee & Snack 12:30 Uno 1:00 Bingo 3:00 Open Activity	Family Day 11:00 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	Last day to submit activity sign-up 11:00 Themed Creations 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 Quiddler 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Colouring Therapy 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Wizard	Activity sign-up ready for pick-up 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity	
25	26	27	28	29			
11:30 Coffee & Snack 12:30 Apples to Apples 1:00 Bingo 3:00 Open Activity	11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	1:00 <i>Reach for Recovery</i> 2:00 Docu-zone 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 10,000 Dice 12:30 Relaxation Group 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>			

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*



Tai Chi: Feb. 1st 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: Feb. 2nd, 12th & 18th 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.

Name that Tune: Feb. 3rd at 1:00pm

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

Colouring Therapy: Feb. 5th OR 23rd at 11:00am

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

Tea Time: Feb. 6th 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: Feb. 7th, 21st & 28th at 11:00am

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

Relaxation Group: Feb. 8th, 15th, 22nd & 29th 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.

YYC Hot Chocolate Fest: Feb. 9th at 1:00pm

Join us in celebrating Hot Chocolate Fest! We will be trying out a deliciously unique hot chocolate made by a local café.

Karaoke: Feb. 10th at 1:00pm

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

Diary Space: Feb. 12th at 1:00pm

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!

Explore Black History: Feb. 13th at 11:00am

Join us for an immersive journey through the rich tapestry of Black history, a vibrant presentation meticulously crafted to honor the resilience, achievements, and cultural contributions of the Black community. Snacks will be provided.

Valentine's Day Dance: Feb. 14th at 2:00pm

Join us for a fun afternoon of dancing, prizes and snacks. No partner needed just a desire to have fun!

Chinese Cultural Centre: Feb. 15th at 11:00am

Join us in celebrating Chinese New Year! Explore the rich history of Chinese culture as we tour the Calgary Chinese Cultural Centre and learn about the different exhibits. Afterwards, we will be having lunch at a traditional Chinese restaurant where we will be treated to delicious food.

Sit & Be Fit: Feb. 16th 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.

Themed Creations: Feb. 20th at 11:00am

Join Janet in making a Macrame Gnome ornament! We will be using yarn, macrame cord, and wooden rings to make this craft. Perfect for gifts!

U-35: Games Galore: Feb. 24th 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

Artistic Trading Cards: Feb. 26th 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: Feb. 27th at 2:00pm

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

