

| Sun   | Mon   | Tue   | Wed   | Thu  | Fri   | Sat   |
|---|---|---|---|--|---|---|
| <b>31</b><br>11:30 Coffee & Snack<br>12:30 Monopoly<br>1:00 Bingo<br>1:30 PALS Program pt. 1<br>2:15 PALS Program pt. 2<br>3:00 Open Activity |   | <div style="border: 1px dashed black; padding: 5px;"> <p align="center"><b>Important Dates for April Sign-up</b></p> <p>April calendar and activity sign-up available: Thurs. Mar. 21<sup>st</sup><br/>           Last day to submit activity sign-up: Tues. Mar. 26<sup>th</sup><br/>           Activity sign-up ready for pick-up: Sat. Mar. 30<sup>th</sup><br/>           Last day to pick-up activity sign-up: Wed. Apr. 3<sup>rd</sup></p> </div> |   |  | <b>1</b><br>11:00 Mindfulness<br>12:00 Crib<br>12:00 Noon Hour Game<br>2:30 LG/FG<br>3:00 Quiddler                  | <b>2</b><br>11:30 Coffee & Snack<br>12:00 Crowns<br>1:00 Karaoke<br>3:00 Open Activity  |
| <b>3</b><br>11:30 Coffee & Snack<br>12:30 Codenames<br>1:00 Bingo<br>3:00 Open Activity   | <b>4</b><br>11:00 Bowling<br>12:00 Noon Hour Game<br>12:00 Skip-bo<br>3:00 Pool<br>3:00 Open Activity                 | <b>5</b><br>1:00 Talk & Walk for Wellness<br>1:00 Reach for Recovery<br>2:00 Dutch Blitz<br>3:00 Open Activity  | <b>6</b><br>10:30 LG/FG<br>11:00 Coffee Talk<br>12:00 Wizard<br>No Drop-in after 2:00pm   | <b>7</b><br>12:00 Rummy-O<br>1:00 Tai Chi<br>3:00 Open Activity<br>4:00 Hobby Crafts                               | <b>8</b><br>11:00 Sip and Stich<br>12:00 Crib<br>12:00 Noon Hour Game<br>2:30 LG/FG<br>3:00 Dix-it                  | <b>9</b><br>11:30 Coffee & Snack<br>12:00 Crowns<br>1:00 Name That Movie<br>3:00 Open Activity  |
| <b>10</b><br>11:00 Mindfulness<br>11:30 Coffee & Snack<br>12:30 Hues and Cues<br>1:00 Bingo<br>3:00 Open Activity                             | <b>11</b><br>12:00 Noon Hour Game<br>12:00 Skip-bo<br>1:00 Diary Space<br>3:00 Darts<br>3:00 Open Activity            | <b>12</b><br>11:00 Coffee Cruisers<br>1:00 Reach for Recovery<br>2:00 Dutch Blitz<br>3:00 Open Activity   | <b>13</b><br><div style="border: 2px dashed black; padding: 5px; text-align: center;"> <b>AGENCY CLOSED</b><br/>           Staff Development Day         </div> | <b>14</b><br>12:00 Hearts<br>12:30 Relaxation Group<br>3:00 Open Activity<br>4:00 Hobby Crafts                     | <b>15</b><br>11:00 Mindfulness<br>12:00 Crib<br>12:00 Noon Hour Game<br>1:00 Sit & Be Fit<br>2:30 LG/FG<br>3:00 Uno | <b>16</b><br>11:30 Coffee & Snack<br>12:00 Crowns<br>1:00 U-35: Games Galore<br>3:00 Open Activity                                      |
| <b>17</b><br>11:00 St. Patrick's Day Fun<br>11:30 Coffee & Snack<br>12:30 Qwirkle<br>1:00 Bingo<br>3:00 Open Activity                         | <b>18</b><br>11:00 Artistic Trading Cards<br>12:00 Noon Hour Game<br>12:00 Skip-bo<br>3:00 Pool<br>3:00 Open Activity | <b>19</b><br>10:30 Rewired<br>1:00 Reach for Recovery<br>2:00 Themed Creations<br>2:00 Dutch Blitz<br>3:00 Open Activity  | <b>20</b><br>10:30 Rewired<br>10:30 LG/FG<br>11:00 Coffee Talk<br>11:00 Welcome 101<br>12:00 Wizard<br>No Drop-in after 2:00pm                                  | <b>21</b><br>Apr. activity sign-up available   | <b>22</b><br>11:00 Colouring Therapy<br>12:00 Crib<br>12:00 Noon Hour Game<br>2:30 LG/FG<br>3:00 Wizard             | <b>23</b><br>11:30 Coffee & Snack<br>12:00 Crowns<br>1:00 Air Hockey Tournament<br>3:00 Open Activity                                   |
| <b>24</b><br>11:00 Mindfulness<br>11:30 Coffee & Snack<br>12:30 Karma<br>1:00 Bingo<br>3:00 Open Activity                                     | <b>25</b><br>12:00 Noon Hour Game<br>12:00 Skip-bo<br>2:00 Docu-zone<br>3:00 Darts<br>3:00 Open Activity              | <b>26</b><br>Last day to submit activity sign-up<br>10:30 Rewired<br>12:30 U-35: Super Smash Café<br>1:00 Reach for Recovery<br>2:00 Dutch Blitz<br>3:00 Open Activity  | <b>27</b><br>10:30 Rewired<br>10:30 LG/FG<br>11:00 Coffee Talk<br>12:00 Wizard<br>No Drop-in after 2:00pm   | <b>28</b><br>12:00 Quiddler<br>12:30 Relaxation Group<br>3:00 Open Activity<br>3:00 Book Club<br>4:00 Hobby Crafts | <b>29</b><br>11:00 Mindful Mandalas<br>12:00 Crib<br>12:00 Noon Hour Game<br>2:30 LG/FG<br>3:00 Skip-bo             | <b>30</b><br>Activity sign-up ready for pick-up<br>11:30 Coffee & Snack<br>12:00 Crowns<br>1:00 Colouring Therapy<br>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.**

**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\*



**Mindfulness Program: Mar. 1<sup>st</sup>, 10<sup>th</sup>, 15<sup>th</sup> & 24<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.

**Karaoke: Mar. 2<sup>nd</sup> at 1:00pm**

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

**Bowling: Mar. 4<sup>th</sup> at 11:00am**

Join us in a non-competitive game of 5-pin bowling at Chinook Bowladrome. Must be able to lift 4lbs.

**Talk & Walk for Wellness: Mar. 5<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: Mar. 6<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</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: Mar. 7<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.

**Name that Movie: Nov. 18<sup>th</sup> at 1:00pm**

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

**Diary Space: Mar. 11<sup>th</sup> 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!

**Coffee Cruisers: Mar. 12<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: Mar. 14<sup>th</sup>, 21<sup>st</sup> & 28<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.

**Sit & Be Fit: Mar. 15<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.

**U-35: Games Galore: Mar. 16<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\*\*\*

**Artistic Trading Cards: Mar. 18<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.

**Themed Creations: Mar. 19<sup>th</sup> at 2:00pm**

Get into the spirit of spring with this beautiful wreath craft! We will be using a wreath ring and construction paper to make this eye catching decoration to hang in your home.

**Colouring Therapy: Mar. 22<sup>nd</sup> at 11:00am OR Mar. 30<sup>th</sup> at 1:00pm**

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

**Air Hockey Tournament: Mar. 23<sup>rd</sup> at 1:00pm**

Regardless of your skill level, join us for some Air Hockey —tournament style!

**Docu-zone: Mar. 25<sup>th</sup> at 2:00pm**

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

**U-35: Super Smash Café: Mar. 26<sup>th</sup> at 12:30pm**

Join us for an afternoon of fun, food and games! Venture to the Super Smash Café and play a variety of different board and video games while socializing with your peers!

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

**Mindful Mandalas: Mar. 29<sup>th</sup> at 11:00am**

Mandala is the Sanskrit for 'circle' or 'completion.' When somebody creates a mandala it becomes a window for exploring one's inner self. Creating mandalas will help promote healing, focus attention and encourage mindfulness.

**PALS Program: Mar. 31<sup>st</sup> 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.

