




Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>Hello Spring</i></p>	1 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Diary Space</b> 3:00 Pool 3:00 Open Activity	2 10:30 <i>Rewired</i> 1:00 <i>Reach for Recovery</i> 2:00 <b>Themed Creations</b> 2:00 Dutch Blitz 3:00 Open Activity	3 10:30 <i>Rewired</i> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	4 12:00 Eights 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	5 11:00 <b>Colouring Therapy</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler	6 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Name That Movie</b> 3:00 Open Activity
7 11:00 <b>Mindfulness</b> 11:30 Coffee & Snack 12:30 Uno: No Mercy 1:00 Bingo 3:00 Open Activity	8 11:00 <b>Intuitive Painting</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	9 10:30 <i>Rewired</i> 12:00 <b>U-35: Mik Café</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10 10:30 <i>Rewired</i> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	11 12:00 Rummy-O 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Sit &amp; Be Fit</b> 2:30 LG/FG 3:00 Apples to Apples	13 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Karaoke</b> 3:00 Open Activity
14 11:30 Coffee & Snack 12:30 Dix-it 1:00 Bingo 3:00 Open Activity	15 12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Talk &amp; Walk for Wellness</b> 3:00 Pool 3:00 Open Activity	16 10:30 <i>Rewired</i> 11:00 <b>Studio Bell</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	17 10:30 <i>Rewired</i> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 11:00 <i>Welcome 101</i> 12:00 Wizard  No Drop-in after 2:00pm	May activity sign-up available 18 12:00 Qwirkle 12:30 <b>Relaxation Group</b> 3:00 <i>Book Club</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	19 11:00 Sip and Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Hues and Cues	20 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Ping Pong Tournament</b> 3:00 Open Activity
21 11:30 Coffee & Snack 12:30 Sushi Go! 1:00 Bingo 3:00 Open Activity	22 11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	Last day to submit activity sign-up 23 1:00 <i>Reach for Recovery</i> 2:00 <b>Armchair Travel</b> 2:00 Dutch Blitz 3:00 Open Activity	24 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	25 12:00 Uno 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	26 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Wizard	Activity sign-up ready for pick-up 27 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>U-35: Games Galore</b> 3:00 Open Activity
28 11:30 Coffee & Snack 12:30 Scattergories 1:00 Bingo 3:00 Open Activity	29 11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	30 11:00 <b>Mindfulness</b> TBD <b>Movie Goers</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	 <div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;"> <p><b>Important Dates for May Sign-up</b>            May calendar and activity sign-up available: Thurs. Apr. 18<sup>th</sup>            Last day to submit activity sign-up: Tues. Apr. 23<sup>rd</sup>            Activity sign-up ready for pick-up: Sat. Apr. 27<sup>th</sup>            Last day to pick-up activity sign-up: Wed. May 1<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: Apr. 1<sup>st</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!

### **Themed Creations: Apr. 2<sup>nd</sup> at 2:00pm**

Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. Join us as we create your own paper art masterpiece!

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

### **Colouring Therapy: Apr. 5<sup>th</sup> OR Apr. 29<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 Movie: Apr. 6<sup>th</sup> at 1:00pm**

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

### **Mindfulness Program: Apr. 7<sup>th</sup>, 26<sup>th</sup> & 30<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.

### **Intuitive Painting: Apr. 8<sup>th</sup> at 11:00am**

Intuitive art is the act of tapping into your creative intuition as a means of producing art. We will be using watercolour paint and markers to create art in a non-judgemental way that encourages exploration and experimentation. The goal is to make art without overthinking the creative process and to stay in the present moment.

### **U-35: Mik Café: Apr. 9<sup>th</sup> at 12:00pm**

Embark on a creative journey at Mik Café, Designing phone cases in a Korean-inspired way. Sip coffee, brainstorm, let your ideas play, Join us for a U-35 outing, it's sure to be a fun day!

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

### **Relaxation Group: Apr. 11<sup>th</sup>, 18<sup>st</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.

### **Sit & Be Fit: Apr. 12<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.

### **Karaoke: Apr. 13<sup>th</sup> at 1:00pm**

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

### **Talk & Walk for Wellness: Apr. 15<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!

### **Studio Bell: Apr. 16<sup>th</sup> at 11:00am**

Join us as we explore the home for music in Canada: Studio Bell. We will be taking the LRT and walking to the Centre.

### **Ping Pong Tournament: Apr. 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!

### **Artistic Trading Cards: Apr. 22<sup>nd</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.

### **Armchair Travel: Apr. 23<sup>rd</sup> at 2:00pm**

Join us for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite and experience a taste of local cuisine. No passport required.

### **U-35: Games Galore: Apr. 27<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\*\*\*

### **Movie Goers: Apr. 30<sup>th</sup> at TBD**

Enjoy the full movie theatre experience at Chinook Mall! Sit in the comfy chairs, eat some delicious treats and enjoy the show. Movie and time will be determined closer to the date.

