




Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px dashed black; padding: 5px; margin: 10px auto; width: 80%;"> <p>Important Dates for June Sign-up June calendar and activity sign-up available: Thurs. May 16th Last day to submit activity sign-up: Tues. May 21st Activity sign-up ready for pick-up: Sat. May 25th Last day to pick-up activity sign-up: Wed. May 29th</p> </div> 			1	2	3	4
			10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Eights 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Sip and Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Qwirkle	11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
5	6	7	8	9	10	11
11:00 Mindfulness 11:30 Coffee & Snack 12:30 Wizard 1:00 Bingo 3:00 Open Activity	11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	11:00 Diary Space 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 2:00 Spring Meal No Drop-in after 2:00pm	12:00 Rummy-O 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Bananagrams	11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
12	13	14	15	16	17	18
11:00 Colouring Therapy 11:30 Coffee & Snack 12:30 Uno: No Mercy 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 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	June activity sign-up available 12:00 Guillotine 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Uno:Flip	11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity
19	20	21	22	23	24	25
11:30 Coffee & Snack 12:30 Pandemic 1:00 Bingo 3:00 Open Activity	<div style="border: 2px solid black; padding: 5px; width: 80%; margin: 0 auto;"> Victoria Day </div> 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	Last day to submit activity sign-up 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Docu-zone 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Codenames 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 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 Karaoke 3:00 Open Activity
26	27	28	29	30	31	
11:30 Coffee & Snack 12:30 Hues and Cues 1:30 PALS Program pt. 1 2:15 PALS Program pt. 2 1:00 Bingo 3:00 Open Activity	11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11:00 Artistic Trading Cards 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	Last day to pick-up activity sign-up 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Uno: All Wild 12:30 Relaxation Group 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>	11:00 Zentangles 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Apples to Apples	

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.

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

Activity Highlights: These Events Require Sign Up

* Calendar Subject to Change*



Coffee Talk: May 1st, 15th, 22nd & 29th at 11:00am

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

Tai Chi: May 2nd 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: May 5th, 10th, 17th & 24th 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.

Colouring Therapy: May 6th OR 12th at 11:00am

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

Diary Space: May 7th 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!

Spring Meal: May 8th at 2:00pm

Spring is here!! Join us while we enjoy a delicious gourmet meal to celebrate, and welcome this new season.

Relaxation Group: May 9th, 16th, 23rd & 30th 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: May 10th 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: May 11th 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

Talk & Walk for Wellness: May 13th at 1:00pm

Join Janet in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

Tea Time: May 14th 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!



Name that Tune: May 18th at 1:00pm

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

Docu-zone: May 21st at 2:00pm

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

Karaoke: May 25th at 1:00pm

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

PALS Program: May 26th 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: May 27th at 11:00am

Join Janet in creating your own beautiful bouquet of hydrangeas! We will be using coffee filters and water colours to make these colourful flowers that you could use as a centerpiece at home.

Artistic Trading Cards: May 28th 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.

Zentangles: May 31st at 11:00am

Zentangles are an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Using this technique we will be personalizing your very own journal!