



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 11:30 Coffee & Snack 12:30 Taco Cat Goat... 1:00 Bingo 3:00 Open Activity	 <div style="border: 1px dashed black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Important Dates for July Sign-up July calendar and activity sign-up available: Thurs. July 20th Last day to submit activity sign-up: Tues. July 25th Activity sign-up ready for pick-up: Sat. July 29th Last day to pick-up activity sign-up: Wed. Aug.3rd</p> </div> 					1 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
2 11:00 Mindfulness 11:30 Coffee & Snack 12:30 Hues and Cues 1:00 Bingo 3:00 Open Activity	3 11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	4 12:00 Calgary Zoo 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	5 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	6 11:00 Coffee Cruisers 12:00 Eights 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	7 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Uno: No Mercy	8 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity
9 11:30 Coffee & Snack 12:30 Camel Up 1:00 Bingo 3:00 Open Activity	10 11:00 Creative Writing 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11 11:00 Themed Creations 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	12 10:30 Horse Play 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	13 12:00 Qwirkle 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	14 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Sushi Go!	15 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
16 11:00 Mindfulness 11:30 Coffee & Snack 12:30 Dix-it 1:00 Bingo 3:00 Open Activity	17 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Docu-zone 3:00 Darts 3:00 Open Activity	18 1:00 Talk & Walk for Wellness 2:00 Dutch Blitz 3:00 Open Activity	19 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	June activity sign-up available 20 11:00 Brooklyn Dumpling Shop 12:00 Quiddler 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	21 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Wizard	22 11:30 Coffee & Snack 12:00 Crowns 1:00 Ping Pong Tournament 3:00 Open Activity
23 11:30 Coffee & Snack 12:30 Exploding Kittens 1:00 Bingo 3:00 Open Activity	24 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	Last day to submit activity sign-up 25 11:00 Limited Mobility: Nellie's 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	26 10:30 LG/FG 11:00 Bowness Park 12:00 Wizard No Drop-in after 2:00pm	27 12:00 Yahtzee 12:30 Relaxation Group 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	28 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Apples to Apples	Activity sign-up ready for pick-up 29 11:30 Coffee & Snack 12:00 Crowns 1:00 Dungeons and Dragons: Info Session 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.

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

Activity Highlights: These Events Require Sign Up

* Calendar Subject to Change*



U-35: Games Galore: June 1st 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

Mindfulness Program: June 2nd, 7th, 16th & 28th 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: June 3rd at 11:00am OR June 15th at 1:00pm

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

Calgary Zoo: June 4th at 12:00pm

Join us for an exploratory walk through the Calgary Zoo. Enjoy visiting a variety of different animals while socializing and soaking up some fresh air.

Coffee Talk: June 5th, 12th & 19th at 11:00am

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

Coffee Cruisers: June 6th at 11:00am

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

Tai Chi: June 6th 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: June 8th at 1:00pm

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

Creative Writing: June 10th at 11:00am

Creative writing is about creating characters, plots, themes, and settings in fictional works from novels, scriptwriting, to poetry, creative writing encompasses various art forms. This month we will explore the various aspects of sonnets. A sonnet is a form of poetry that follows strict rhyme schemes. If you love creative writing, you will love this one!

Themed Creations: June 11th at 11:00am

Spruce up your outdoor space with a colourful and creative rock! We will be using natural rocks and paints to design your masterpiece!

Horse Play: June 12th at 10:30am

Join us for a fun filled outing to meet some very special horses. Learn some basic horse etiquette while feeding, grooming and petting some horses. Lunch will be provided.

Relaxation Group: June 13th, 20th & 27th 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: June 14th 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.

Docu-zone: June 17th at 2:00pm

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

Talk & Walk for Wellness: June 18th at 1:00pm

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

Brooklyn Dumpling Shop: June 20th at 11:00am

Everything's better in a dumpling! Come join us in trying out Brooklyn Dumpling Shop which offers a variety of unique and tasty dumplings.

Ping Pong Tournament: June 22nd 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: June 24th 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.

Limited Mobility: Nelly's: June 25th at 11:00am

Come join us for a scrumptious meal at Nellies Break the Fast Café. Bring your appetite as there will be tons of options to choose from!

This activity is for limited mobility clients only.

Bowness Park: June 26th at 11:00am

Come and enjoy a relaxing day at Bowness Park! Experience the beauty of the park, a delicious picnic and wonderful company. Please dress for the weather.

Dungeons and Dragons: Info Session: June 29th at 1:00pm

This session is to determine client interest and experience with Dungeons and Dragons. Clients will be asked some questions regarding preferences and details for future planning. Snacks will be provided.