



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>11:00 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p>Canada Day 1</p> <p>11:00 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p>11:00 Heritage Park 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p>10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard</p>	<p>11:00 Colouring Therapy 12:00 Guillotine 3:00 Open Activity</p>	<p>Parade Day: open @ 2pm</p> <p>2:30 LG/FG 3:00 Wizard</p>	<p>11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity</p>
<p>11:30 Coffee & Snack 12:30 Relaxation Group 12:30 Sushi Go! 1:00 Bingo 3:00 Open Activity</p>	<p>11:00 Creative Writing 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity</p>	<p>11:00 Talk & Walk for Wellness 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p>10:30 LG/FG 2:00 Stampede Shindig</p> <p>No Drop-in after 2:00pm</p>	<p>11:00 Outdoor Splatter Paint 12:00 Rummy-O 3:00 Open Activity</p>	<p>11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler</p>	<p>11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity</p>
<p>11:00 Mindfulness 11:30 Coffee & Snack 12:30 Apples to Apples 1:00 Bingo 3:00 Open Activity</p>	<p>12:00 Noon Hour Game 12:00 Skip-bo 2:00 Docu-zone 3:00 Darts 3:00 Open Activity</p>	<p>11:00 Doughnut Party 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p>10:30 Horse Play 10:30 LG/FG 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>Aug. activity sign-up available 18</p> <p>12:00 Uno: Flip 2:00 Village Ice Cream 3:00 Open Activity</p>	<p>11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Hues and Cues</p>	<p>11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity</p>
<p>11:30 Coffee & Snack 12:30 Uno: No Mercy 1:00 Bingo 3:00 Open Activity</p>	<p>11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity</p>	<p>Last day to submit activity sign-up 23</p> <p>11:00 U-35: Elements Café 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p>10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>11:00 Limited Mobility: Calgary Zoo 12:00 Eights 3:00 Open Activity</p>	<p>11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Dix-it</p>	<p>Activity sign-up ready for pick-up 27</p> <p>11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity</p>
<p>11:30 Coffee & Snack 12:30 Relaxation Group 12:30 Qwirkle 1:00 Bingo 3:00 Open Activity</p>	<p>11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p>11:00 Diary Space 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity</p>	<p>Last day to pick-up activity sign-up 31</p> <p>8:30 William Watson Lodge 10:30 LG/FG 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<div style="display: flex; align-items: center; justify-content: space-between;">  <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p>Important Dates for August Sign-up August calendar and activity sign-up available: Thurs. July 18th Last day to submit activity sign-up: Tues. July 23rd Activity sign-up ready for pick-up: Sat. July 27th Last day to pick-up activity sign-up: Wed. July 31st</p> </div>  </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

Important Dates for August Sign-up

August calendar and activity sign-up available: Thurs. July 18th

Last day to submit activity sign-up: Tues. July 23rd

Activity sign-up ready for pick-up: Sat. July 27th

Last day to pick-up activity sign-up: Wed. July 31st

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.**

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*



Heritage Park: July 2nd at 11:00am

With over 180 exhibits and 55,000 artifacts, there's something for everyone at Heritage Park! Join us as we explore the park and learn a bit of history along the way. Lunch will be provided.

Coffee Talk: July 3rd & 24th at 11:00am

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

Colouring Therapy: July 4th at 11:00am OR 13th at 1:00pm

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

Name that Tune: July 6th at 1:00pm

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

Relaxation Group: July 7th & 28th 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.

Creative Writing: July 8th 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 artforms. This month we will be using prompts to explore our experience with short stories.

Talk & Walk for Wellness: July 9th at 11:00am

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

Stampede Shindig: July 10th at 2:00pm

Wear your best western gear and join us for a good ol' fashion Stampede shindig! Carnival games, tasty food and prizes to be won!

Outdoor Splatter Paint: July 11th at 11:00am

Splattering paint is a fast and fun way to create uniquely personalized art pieces. Clients will walk to Shaw Millennium Park, carrying canvas & tempura paints, and get creative by splashing, spraying and splattering. Old clothes is suggested as this is a fun yet messy process.

Mindfulness Program: July 14th, 19th & 26th 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.

Docu-zone: July 15th at 2:00pm

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

Doughnut Party: July 16th at 11:00am

It's party time, and what's a party without donuts? Join us as we venture to Doughnut Party! This store brings its epic selection of donuts of all shapes and sizes to Inglewood. There's sure to be something for everyone!

Horse Play: July 17th 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.

Sit & Be Fit: July 19th 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.

Village Ice Cream: July 18th at 2:00pm

Join us for some carefully hand-craft ice cream made right here in Calgary, Alberta using only the very best ingredients. Call it local, artisanal, small batch or hand made – call it a love letter to your mouth.

Themed Creations: July 22nd at 11:00am

Join Janet in a paint and sip class where we learn how to paint a sunset cityscape. Clients will be watching a step-by-step instructional video to create a beautiful, finished painting. Coffee and tea will be served.

U-35: Elements Café: July 23th at 11:00am

This month we are going to our namesake Elements Café, a place that prides itself in bringing energy, fun, creativity, and community together in a welcoming embrace.

this activity is for clients age 35 years and under

Limited Mobility: Calgary Zoo: July 25th at 11:00am

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. We will be walking slow and taking lots of breaks.

U-35: Games Galore: July 27th 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: July 29th at 11:00am

Come explore and create Artist Trading Cards. Combining ink, stamps, pencil crayons, and hockey card sized cardstock with your imagination, we will make small cards to be kept, traded or gifted.

Diary Space: July 30th 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!

William Watson Lodge: July 31st at 8:30am

Join us for a day trip to the William Watson Lodge in beautiful Kananaskis country. Opportunity for relaxing in the mountains, activities of your choice, and board games. Snacks, and a full lunch will be provided. Please dress for the weather.

