



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px dashed black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Important Dates for September Sign-up September calendar and activity sign-up available: Thurs. Aug.15th Last day to submit activity sign-up: Tues. Aug. 20th Activity sign-up ready for pick-up: Sat. Aug. 24th Last day to pick-up activity sign-up: Wed. Aug. 28th</p> </div> 				1	2	3
				12:00 Uno: No Mercy 1:00 Taste of Calgary 3:00 Open Activity	12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Sushi Go!	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
4	5 Heritage Day	6	7	8	9	10
11:30 Coffee & Snack 12:30 Relaxation Group 12:30 Uno: Flip 1:00 Bingo 3:00 Open Activity	11:00 Colouring Therapy 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool	1:00 <i>Reach for Recovery</i> 2:00 Docu-zone 2:00 Dutch Blitz 3:00 Open Activity	10:30 Horse Play 10:30 LG/FG 12:00 Wizard No Drop-in after 2:00pm	11:00 Themed Creations 12:00 Quiddler 3:00 Open Activity	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Wizard	11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity
11	12	13	14	15 Sept. activity sign-up available	16	17
11:30 Coffee & Snack 12:30 Relaxation Group 12:30 Camel Up! 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	11:00 Wing'n It 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	11:00 Calgary Zoo 12:00 Crowns 3:00 Open Activity	11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Diary Space 2:30 LG/FG 3:00 Qwirkle	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
18	19	20 Last day to submit activity sign-up	21	22	23	24 Activity sign-up ready for pick-up
11:30 Coffee & Snack 12:30 Relaxation Group 12:30 Exploding Kittens 1:00 Bingo 3:00 Open Activity	11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11:00 Armchair Travel 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 10:45 Bebo Grove– Fish Creek 12:00 Wizard No Drop-in after 2:00pm	11:00 Marble Slab Creamery 12:00 Apples to Apples 3:00 Open Activity	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Hues and Cues	11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
25	26	27	28 Last day to pick-up activity sign-up	29	30	31
11:30 Coffee & Snack 12:30 Relaxation Group 12:30 Guillotine 1:00 Bingo 3:00 Open Activity	11:00 Sit & Be Fit 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	11:00 Coffee Cruisers 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	8:30 William Watson Lodge 10:30 LG/FG 12:00 Wizard No Drop-in after 2:00pm	11:00 Avenida Food Hall 12:00 Yahtzee 3:00 Open Activity	11:00 Colouring Therapy 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Rummy-O	11:30 Coffee & Snack 12:00 Crowns 1:00 Ping Pong Tournament 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

Important Dates for September Sign-up

September calendar and activity sign-up available: **Thurs. Aug. 15th**

Last day to submit activity sign-up: **Tues. Aug. 20th**

Activity sign-up ready for pick-up: **Sat. Aug. 24th**

Last day to pick-up activity sign-up: **Wed. Aug. 28th**

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*



Taste of Calgary: Aug. 1st at 1:00pm

Taste of Calgary is the city's most appetizing festival, giving visitors the chance to sample the city's food, beverages, music and other cool things. Clients will be given 10 sampling tickets to experience the delicious food!

Mindfulness Program: Aug. 3rd, 9th, 17th & 23rd 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.

Relaxation Group: Aug. 4th, 11th, 18th & 25th 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.

Colouring Therapy: Aug. 5th OR 30th at 11:00am

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

Docu-zone: Aug. 6th at 2:00pm

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

Horse Play: Aug. 7th 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.

Themed Creations: Aug. 8th at 11:00am

Have you ever wanted to try weaving but don't have a loom? Join Janet in making your own mini DIY loom using simple materials like cardboard and yarn! This is a great way to experiment with weaving!

Name That Movie: Aug. 10th at 1:00pm

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

Wing'n It: Aug. 13th at 11:00am

With over 30 locations and growing this Canadian food chain boasts the greatest wings in the country! Join us as we venture into Kensington to Wing'n It! There is lots to choose from including burgers, fries, snacks, pub-style entrees, and more than 50 unique flavours of chicken wings!

Coffee Talk: Aug. 14th at 11:00am

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

Calgary Zoo: Aug. 15th 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. Please dress for the weather.

Diary Space: Aug. 16th at 1:00pm

In this program, we will be teaching and developing skills to engage in ongoing reflection through journaling. Journaling has been shown to have tremendous impact on reducing anxiety, stress, and depression.

Artistic Trading Cards: Aug. 19th 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: Aug. 20th at 11:00am

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.



Bebo Grove- Fish Creek Park: Aug. 21st at 10:45am

Come and enjoy a relaxing day at Bebo Grove in Fish Creek Park! Experience the beauty of the park, a delicious picnic and wonderful company.

Marble Slab Creamery: Aug. 22nd at 11:00am

Choose your Ice Cream, Mixins, and Cone and they'll mix it up on their legendary frozen slab! With over 50 flavours of Ice Cream and unlimited Mixins, the possibilities are endless.

U-35: Games Galore: Aug. 24th 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

Sit & Be Fit: Aug. 26th at 11:00am

Join us for a beginner full body seated exercise class using resistance bands and bodyweight exercises. Suitable for all skill levels, no experience necessary.

Coffee Cruiser: Aug. 27th at 11:00am

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

William Watson Lodge: Aug. 28th 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.

Avenida Food Hall: Aug. 29th at 11:00am

Join us as we explore the Avenida Food Hall! With cuisine ranging from vegan Ethiopian all the way to Korean fusion tacos, you're sure to find something delicious!

Ping Pong Tournament: Aug. 30th 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!