




Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 11:30 Coffee & Snack 12:30 <b>Relaxation Group</b> 12:30 Ono 99 1:00 Bingo 3:00 Open Activity	2 <b>Labour Day</b>	3 11:00 <b>Colouring Therapy</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	4 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	5 12:00 Skip-bo 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	6 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler	7 11:00 <b>Mindfulness</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Ping Pong Tournament</b> 3:00 Open Activity	
8 11:30 Coffee & Snack 12:30 <b>Relaxation Group</b> 12:30 Taco Cat Goat... 1:00 Bingo 3:00 Open Activity	9 11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	10 11:00 <b>Scams and Fraud</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	11 10:30 <b>Horse Play</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	12 12:00 Crowns 1:00 <b>Talk &amp; Walk for Wellness</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	13 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Qwirkle	14 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Karaoke</b> 3:00 Open Activity	
15 11:30 Coffee & Snack 12:30 <b>Relaxation Group</b> 12:30 Dixit 1:00 Bingo 3:00 Open Activity	16 12:00 Noon Hour Game 12:00 Skip-bo 2:00 <b>Docu-zone</b> 3:00 Pool 3:00 Open Activity	17 11:00 <b>Colouring Therapy</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	18 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	19 Oct. activity sign-up available 12:00 Eights 1:00 <b>Tai Chi</b> 1:30 <i>Money Matters pt. 1</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	20 11:00 Sip and Stich 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Creative Writing</b> 2:30 LG/FG 3:00 Wizard	21 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Name That Tune</b> 3:00 Open Activity	
22 11:30 Coffee & Snack 12:30 <b>Relaxation Group</b> 12:30 Hues and Cues 1:00 Bingo 3:00 Open Activity	23 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	24 Last day to submit activity sign-up 11:00 <b>Themed Creations</b> 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	25 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	26 12:00 Uno: No Mercy 1:30 <i>Money Matters pt. 2</i> 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>	27 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Rummy-O	28 Activity sign-up ready for pick-up 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>U-35: Games Galore</b> 3:00 Open Activity	
29 11:30 Coffee & Snack 12:30 <b>Relaxation Group</b> 12:30 Apples to Apples 1:00 Bingo 2:00 <b>PALS Program pt. 1</b> 2:30 <b>PALS Program pt. 2</b> 3:00 Open Activity	30 <b>Truth &amp; Reconciliation Day</b> 11:00 Orange Shirt Craft 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	  <div style="border: 1px dashed black; padding: 10px; display: inline-block; text-align: center;"> <p><b>Important Dates for October Sign-up</b>            October calendar and activity sign-up available: <b>Thurs. Sept. 19<sup>th</sup></b>            Last day to submit activity sign-up: <b>Tues. Sept. 24<sup>th</sup></b>            Activity sign-up ready for pick-up: <b>Sat. Sept. 28<sup>th</sup></b>            Last day to pick-up activity sign-up: <b>Wed. Oct. 2<sup>nd</sup></b></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\*



### **Relaxation Group: Sept. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<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: Sept. 2<sup>nd</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.

### **Colouring Therapy: Sept. 3<sup>rd</sup> OR 17<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!

### **Coffee Talk: Sept. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<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: Sept. 5<sup>th</sup> & 19<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.

### **Mindfulness Program: Sept. 7<sup>th</sup>, 13<sup>th</sup> & 27<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.

### **Ping Pong Tournament: Sept. 7<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: Sept. 9<sup>th</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.

### **Scams and Fraud: Sept. 10<sup>th</sup> at 11:00am**

Are you tired of feeling vulnerable to scams and fraudsters? Do you want to protect yourself and your loved ones from deceptive schemes? Join us for this fun and informative presentation from the Better Business Bureau.

### **Horse Play: Sept. 11<sup>th</sup> 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.

### **Talk & Walk for Wellness: Sept. 12<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!

### **Karaoke: Sept. 14<sup>th</sup> at 1:00pm**

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

### **Docu-zone: Sept. 16<sup>th</sup> at 2:00pm**

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

### **Creative Writing: Sept. 20<sup>th</sup> at 1:00pm**

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 learning about the explanatory art of writing. If you love using writing to explore various subjects, you will love this month's creative writing session!

### **Name that Tune: Sept. 21<sup>st</sup> at 1:00pm**

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

### **Themed Creations: Sept. 24<sup>th</sup> at 11:00am**

Discover how to transform everyday beans into stunning mosaic art with this fun and easy craft! Create a work of art that explores texture and shapes. Make an abstract design, or create a picture or pattern – it's all up to you!

### **U-35: Games Galore: Sept. 28<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\*\*\*

### **PALS Program: Sept. 29<sup>th</sup> at 2:00pm OR 2:30pm**

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.

