
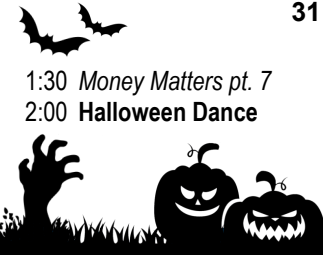


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	2 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	3 12:00 Skip-bo 1:00 Tai Chi 1:30 <i>Money Matters pt. 3</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	4 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler	5 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity
6 11:30 Coffee & Snack 12:30 Uno: No Mercy 1:00 Bingo 3:00 Open Activity	7 11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	8 11:30 Colour Me Mine 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	9 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	10 12:00 Crowns 1:30 <i>Money Matters pt. 4</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Qwirkle	12 11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
13 11:00 Mindfulness 11:30 Coffee & Snack 12:30 Sushi Go! 1:00 Bingo 3:00 Open Activity	14 <div style="border: 1px solid black; padding: 5px; text-align: center;">Thanksgiving Day</div> 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	15 11:00 Themed Creations 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	16 10:30 LG/FG 11:00 Coffee Talk 11:00 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	Nov. activity sign-up available 17 18 12:00 Rummy-O 1:00 Tai Chi 1:30 <i>Money Matters pt. 5</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	18 11:00 Sip and Stich 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Wizard 3:00 <i>Art Therapy pt. 1</i>	19 11:30 Coffee & Snack 12:00 Crowns 1:00 Ping Pong Tournament 3:00 Open Activity
20 11:30 Coffee & Snack 12:30 Camel Up! 1:00 Bingo 3:00 Open Activity	21 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	22 Last day to submit activity sign-up 23 11:00 Colouring Therapy 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity No Drop-in after 2:00pm	23 10:30 LG/FG 11:00 Flu Clinic 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	24 12:00 Yahtzee 1:30 <i>Money Matters pt. 6</i> 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>	25 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Apples to Apples 3:00 <i>Art Therapy pt. 2</i>	26 Activity sign-up ready for pick-up 11:30 Coffee & Snack 12:00 Crowns 1:00 Intuitive Painting 3:00 Open Activity
27 11:30 Coffee & Snack 12:30 Hues and Cues 1:00 Bingo 3:00 Open Activity	28 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Talk & Walk for Wellness 3:00 Pool 3:00 Open Activity	29 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Tea Time 3:00 Open Activity	30 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	31  1:30 <i>Money Matters pt. 7</i> 2:00 Halloween Dance	<p style="text-align: center;">Important Dates for November Sign-up</p> <p style="text-align: center;">October calendar and activity sign-up available: Thurs. Oct. 17th Last day to submit activity sign-up: Tues. Oct. 22nd Activity sign-up ready for pick-up: Sat. Oct. 26th Last day to pick-up activity sign-up: Wed. Oct. 30th</p>	

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 misuse 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*



Coffee Talk: Oct. 2nd, 9th, 16th, 23rd & 30th at 11:00am

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

Tai Chi: Oct. 3rd & 17th 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: Oct. 4th, 13th & 25th 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.

Name That Movie: Oct. 5th at 1:00pm

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

Colouring Therapy: Oct. 7th OR 22nd at 11:00am

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

Colour Me Mine: Oct. 8th at 11:30am

Join us as we venture to Colour Me Mine Uptown, a ceramic painting studio! We will be glazing & decorating your own personal mugs. Decorate with a theme or your own idea. These make great gifts or a useable mug for your beverage of choice.

Sit & Be Fit: Oct. 11th 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.

Karaoke: Oct. 12th at 1:00pm

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

Themed Creations: Oct. 15th at 11:00am

Get into the spirit of Halloween! Join Janet in making a spooky lil' ghost light. Using some simple household items, create this super fun Halloween companion!

Ping Pong Tournament: Oct. 19th 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: Oct. 21st 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.

Intuitive Painting: Oct. 26th at 1:00pm

Intuitive art is the act of tapping into your creative intuition as a means of producing art. We will be using watercolour paint and markers to create art in a non-judgmental way that encourages exploration and experimentation.

Talk & Walk for Wellness: Oct. 28th at 1:00pm

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

Tea Time: Oct. 29th 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

Halloween Dance: Oct 31st at 2:00pm

Come down, dressed in your best Halloween costume, and dance! Win spot dance prizes, enjoy some delicious treats, and venture through our very own haunted house! Best Costume Prizes will be awarded!

