



SUPPORT & RECREATION SERVICES November 2024

1035 – 7 Ave S.W. Calgary Alberta T2P 3E9 Ph: (403) 266-8711 Web Site: elementscmh.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>Important Dates for December Sign-up December calendar and activity sign-up available: Thurs. Nov. 21st Last day to submit activity sign-up: Tues. Nov. 26th Activity sign-up ready for pick-up: Sat. Nov. 30th Last day to pick-up activity sign-up: Wed. Dec. 4th</p>				
					1	2
3	4	5	6	7	8	9
11:30 Coffee & Snack 12:30 Karma 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	1:00 Talk & Walk for Wellness 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	12:00 Dix-it 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Qwirkle 3:00 <i>Art Therapy pt. 4</i>	11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity
10	11	12	13	14	15	16
11:30 Coffee & Snack 12:30 Telestrations 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Remembrance Day</div> 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11:00 Colouring Therapy 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 Creative Writing 12:00 Crowns 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Rummy-O 3:00 <i>Art Therapy pt. 5</i>	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
17	18	19	20	Dec. activity sign-up available 21		23
11:30 Coffee & Snack 12:30 Codenames 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 2:00 Docu-zone 3:00 Darts 3:00 Open Activity	11:00 U-35: Splitsville 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 11:00 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	12:00 Skip-bo 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Apples to Apples 3:00 <i>Art Therapy pt. 6</i>	11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
24	25	Last day to submit activity sign-up 26		27	28	29
11:30 Coffee & Snack 12:30 Uno: Flip 12:30 Relaxation Group 1:00 Bingo 2:00 PALS Program pt. 1 2:30 PALS Program pt. 2 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 Playing with Letters 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 Social Dining Experience 12:00 Sushi Go! 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler
						Activity sign-up ready for pick-up 30

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*



Sit & Be Fit: Nov. 1st 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.

Mindfulness Program: Nov. 2nd, 8th, 15th & 29th 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: Nov. 3rd, 10th, 17th & 24th 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: Nov. 4th OR 12th at 11:00am

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

Talk & Walk for Wellness: Nov. 5th at 1:00pm

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

Coffee Talk: Nov. 6th, 13th, 20th & 27th at 11:00am

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

Tai Chi: Nov. 7th & 21st 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 Tune: Nov. 9th at 1:00pm

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

Colouring Therapy: Nov. 7th OR 12th at 11:00am

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

Creative Writing: Nov. 14th at 11:00am

Creative writing is about creating characters, plots, themes, and settings in fictional works from novels, and scriptwriting, to poetry, creative writing encompasses various art forms. This month we will be exploring the incredible art of fantasy writing.

Karaoke: Nov. 16th at 1:00pm

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

Docu-zone: Nov. 18th at 2:00pm

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

U-35: Splitsville: Nov. 19th at 11:00am

Welcome to November! This month we will be venturing to Splitsville, an establishment that prides itself on providing an incredible bowling experience and fun time.

this activity is for clients age 35 years and under

U-35: Games Galore: Nov. 23rd 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: Nov. 24th 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.

Artistic Trading Cards: Nov. 25th 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.

Playing with Letters: Nov. 26th at 11:00am

Join us as we explore the basics of calligraphy. Using pencil crayons and markers, create beautiful written masterpieces!

Social Dining Experience: Nov. 28th at 11:00am

Join us as we venture to Egg Club. This wonderful restaurant specializes in delicious egg sandwiches on Japanese milk bread and offers the best variety of egg sandwiches in the city!

Ping Pong Tournament: Nov. 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!