




SUPPORT & RECREATION SERVICES December 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
1 11:30 Coffee & Snack 12:30 Dix-it 12:30 Relaxation Group 1:00 Bingo 2:00 Holiday Countdown 3:00 Open Activity	2 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Holiday Countdown 3:00 Darts 3:00 Open Activity	3 11:00 Artistic Trading Cards 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Holiday Countdown 3:00 Open Activity	4 10:30 LG/FG 11:00 Coffee Talk 11:00 Lunchbox Theatre 12:00 Wizard 1:00 Holiday Countdown No Drop-in after 2:00pm	5 12:00 Eights 1:00 Tai Chi 2:00 Holiday Countdown 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	6 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:00 Holiday Countdown 2:30 LG/FG 3:00 Yahtzee	7 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 2:00 Holiday Countdown 3:00 Open Activity
8 11:30 Coffee & Snack 12:30 Hues and Cues 12:30 Relaxation Group 1:00 Bingo 2:00 Holiday Countdown 3:00 Open Activity	9 11:00 Diary Space 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Holiday Countdown 3:00 Pool 3:00 Open Activity	10 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Holiday Countdown 3:00 Open Activity	11  2:00 Holiday Party No Drop-in after 2:00pm	12 12:00 Skip-bo 2:00 Holiday Countdown 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	13 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:00 Holiday Countdown 2:30 LG/FG 3:00 Quiddler	14 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 2:00 Holiday Countdown 3:00 Open Activity
15 11:30 Coffee & Snack 12:30 Uno: No Mercy 12:30 Relaxation Group 1:00 Bingo 2:00 Holiday Countdown 3:00 Open Activity	16 11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Holiday Countdown 3:00 Darts 3:00 Open Activity	17 11:00 Christmas Carol Karaoke 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Holiday Countdown 3:00 Open Activity	18 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard 1:00 Holiday Countdown No Drop-in after 2:00pm	19 Jan. activity sign-up available	20 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:00 Holiday Countdown 2:30 LG/FG 3:00 Rummy-O	21 11:30 Coffee & Snack 12:00 Crowns 1:00 Holiday Jeopardy 2:00 Holiday Countdown 3:00 Open Activity
22 11:30 Coffee & Snack 12:30 Qwirkle 2:00 Holiday Countdown 3:00 Open Activity	23 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Holiday Countdown 2:00 Docu-zone 3:00 Pool 3:00 Open Activity	24 Last day to submit activity sign-up Christmas Eve 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 2:00 Holiday Countdown 3:00 Open Activity	25 Christmas Day Agency Closed	26 Boxing Day Bingo 11:00 Goodies, Coffee, Tea & Hot Chocolate Boxing Day Bingo 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3	27 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Hues and Cues	28 Activity sign-up ready for pick-up 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
29 11:30 Coffee & Snack 12:30 Apples to Apples 3:00 Open Activity	30 11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	31 Last day to submit activity sign-up 1:00 <i>Reach for Recovery</i> 2:00 Dutch Blitz 3:00 Open Activity	 Important Dates for January Sign-up January calendar and activity sign-up available: Thurs. Dec. 19 th Last day to submit activity sign-up: Tues. Dec. 24 th Activity sign-up ready for pick-up: Sat. Dec. 28 th Last day to pick-up activity sign-up: Wed. Jan. 1 st 			

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.

Holiday Countdown: Join us every day in December at 2:00pm (Wednesdays at 1:00pm) as we count down the days until Christmas! Each day, staff will open a surprise Christmas bag with either an activity or prize inside! Come down and share in the Christmas spirit! Activities and prizes will vary.

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: Dec. 1st, 8th & 15th 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.

Artistic Trading Cards: Dec. 3rd 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.

Coffee Talk: Dec. 4th & 18th at 11:00am

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

Lunchbox Theatre: Dec. 4th at 11:00am

Enjoy a theatre production of "Twelve Days." Stuck at school for the holidays, Anton wants to make Christmas special for Donna, the girl in the next practice room with big dreams for her musical career. Anton sets to work on making creative presents to charm Donna as they count down the twelve days to Christmas. But when his rival, Robert, invites Donna to spend Christmas with him, Anton needs to decide how far he's willing to go to give her the perfect gift.

Tai Chi: Dec. 5th & 19th 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: Dec. 6th, 20th & 28th 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.

Colouring Therapy: Dec. 7th at 1:00pm OR Dec. 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!

Diary Space: Dec. 9th 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!

Holiday Party: Dec. 11th at 2:00pm

Come down for some holiday fun, presents and yummy treats. Join in sharing some holiday cheer!

Sit & Be Fit: Dec. 13th 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.

U-35: Games Galore: Dec. 14th 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

Themed Creations: Dec. 16th at 11:00am

Get into the holiday spirit by joining Janet in creating your own Christmas tree! Using recycled magazines and a few simple folds transform the ordinary into the extraordinary!

Christmas Carol Karaoke: Dec. 17th at 11:00am

A time for coming together in the SRS and sharing in song. An opportunity for all to choose a Christmas carol and sing it together.

Zoo Lights: Dec. 19th at 4:30pm

Join us for a festive walk through the Calgary Zoo! Enjoy the magical wonderland with 2 million twinkling lights. Please dress appropriately for the weather.

Holiday Jeopardy: Dec. 21st at 1:00pm

Join Janet in a fun game of Holiday Jeopardy! Contestants will be presented with clues in the form of answers, and must phrase their responses in the form of a question! Test your Holiday knowledge to score the most points and become the winning team! Prizes to win!

Docu-zone: Dec. 23rd at 2:00pm

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

