


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Important Dates for February Sign-up</b>            February calendar and activity sign-up available: Thurs. Jan. 16<sup>th</sup>            Last day to submit activity sign-up: Tues. Jan. 21<sup>st</sup>            Activity sign-up ready for pick-up: Sat. Jan. 25<sup>th</sup>            Last day to pick-up activity sign-up: Wed. Jan. 29<sup>th</sup></p>			<p><b>New Year's Day Bingo</b></p> <p>11:00 Goodies, Coffee, Tea &amp; Hot Chocolate  <u>Boxing Day Bingo</u>            12:00 - Bingo Set 1            1:15 - Bingo Set 2            2:30 - Bingo Set 3</p>	<p>12:00 Skip-bo            1:00 <b>Tai Chi</b>            3:00 Open Activity            4:00 <i>Hobby Crafts</i></p>	<p>11:00 <b>Mindfulness</b>            12:00 Crib            12:00 Noon Hour Game            2:30 LG/FG            3:00 Wizard</p>	<p>11:30 Coffee &amp; Snack            12:00 Crowns            1:00 <b>U-35: Games Galore</b>            3:00 Open Activity</p>
5	6	7	8	9	10	11
<p>11:30 Coffee &amp; Snack            11:45 Karma            1:00 Bingo            3:00 Open Activity</p>	<p>12:00 Noon Hour Game            12:00 Skip-bo            3:00 Pool            3:00 Open Activity</p>	<p>12:00 Canasta            1:00 <i>Reach for Recovery</i>            1:00 <b>Social Dining Experience</b>            3:00 Open Activity</p>	<p>10:30 LG/FG            11:00 <b>Coffee Talk</b>            12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>12:00 Crowns            3:00 Open Activity            4:00 <i>Hobby Crafts</i></p>	<p>11:00 <b>Mindfulness</b>            12:00 Crib            12:00 Noon Hour Game            2:30 LG/FG            3:00 Qwirkle</p>	<p>11:30 Coffee &amp; Snack            12:00 Crowns            3:00 Open Activity</p>
12	13	14	15	16	17	18
<p>11:30 Coffee &amp; Snack            11:45 Quiddler            12:30 <b>Relaxation Group</b>            1:00 Bingo            3:00 Open Activity</p>	<p>11:00 <b>Themed Creations</b>            12:00 Noon Hour Game            12:00 Skip-bo            3:00 Darts            3:00 Open Activity</p>	<p>11:00 <b>Colouring Therapy</b>            12:00 Canasta            1:00 <i>Reach for Recovery</i>            3:00 Open Activity</p>	<p>10:30 LG/FG            11:00 <b>Coffee Talk</b>            11:00 <i>Welcome 101</i>            12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>Feb. activity sign-up available</p>	<p>12:00 Crib            12:00 Noon Hour Game            1:00 <b>Sit &amp; Be Fit</b>            2:30 LG/FG            3:00 Rummy-O</p>	<p>11:00 <b>Mindfulness</b>            11:30 Coffee &amp; Snack            12:00 Crowns            1:00 <b>Karaoke</b>            3:00 Open Activity</p>
19	20	21	22	23	24	25
<p>11:30 Coffee &amp; Snack            11:45 Hues and Cues            12:30 <b>Relaxation Group</b>            1:00 Bingo            3:00 Open Activity</p>	<p>12:00 Noon Hour Game            12:00 Skip-bo            2:00 <b>Armchair Travel</b>            3:00 Pool            3:00 Open Activity</p>	<p>Last day to submit activity sign-up</p>	<p>10:30 LG/FG            11:00 <b>Coffee Talk</b>            12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>11:00 <b>U-35: Sentry Box</b>            12:00 Jenga            3:00 Open Activity            4:00 <i>Hobby Crafts</i></p>	<p>11:00 <b>Mindfulness</b>            12:00 Crib            12:00 Noon Hour Game            2:30 LG/FG            3:00 Apples to Apples</p>	<p>Activity sign-up ready for pick-up</p>
26	27	28	29	30	31	
<p>11:30 Coffee &amp; Snack            11:45 Codenames            12:30 <b>Relaxation Group</b>            1:00 Bingo            2:00 <b>PALS Program pt. 1</b>            2:30 <b>PALS Program pt.2</b>            3:00 Open Activity</p>	<p>11:00 <b>Diary Space</b>            12:00 Noon Hour Game            12:00 Skip-bo            3:00 Darts            3:00 Open Activity</p>	<p>11:00 <b>Colouring Therapy</b>            12:00 Canasta            1:00 <i>Reach for Recovery</i>            3:00 Open Activity</p>	<p>10:30 LG/FG            11:00 <b>Coffee Talk</b>            12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>11:00 <b>Coffee Cruisers</b>            12:00 Hearts            3:00 Open Activity            3:00 <i>Book Club</i>            4:00 <i>Hobby Crafts</i></p>	<p>11:00 Sip &amp; Stitch            12:00 Crib            12:00 Noon Hour Game            2:30 LG/FG            3:00 Dutch Blitz</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\*



### **Tai Chi: Jan. 2<sup>nd</sup> & 16<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: Jan. 3<sup>rd</sup>, 10<sup>th</sup>, 18<sup>th</sup> & 24<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.

### **U-35: Games Galore: Jan. 4<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\*\*\*

### **Social Dining Experience: Jan. 7<sup>th</sup> at 1:00pm**

Join us as we experience the amazing food at Meltwich Food Co.! With a simple mission "not just good, but great" Meltwich Food Co. is focused on providing delicious and convenient food options with wholesome and healthy ingredients.

### **Coffee Talk: Jan. 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> at 11:00am**

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

### **Relaxation Group: Jan. 12<sup>th</sup>, 19<sup>th</sup> & 26<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.

### **Themed Creations: Jan. 13<sup>th</sup> at 11:00am**

Join Janet as you explore the world of polymer clay! Craft and create your own personal plant. No green thumb required!

### **Colouring Therapy: Jan. 14<sup>th</sup> & 28<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!

### **Sit & Be Fit: Jan. 17<sup>th</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.

### **Karaoke: Jan. 18<sup>th</sup> at 1:00pm**

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

### **Armchair Travel: Jan. 20<sup>th</sup> at 2:00pm**

Welcome to another year of Armchair Travel! After an amazing 2024, 2025 promises even more exciting adventures. To kick off the year, let's head south to Mexico and explore its vibrant culture, history, landscapes, and delicious food!



### **Artistic Trading Cards: Jan. 21<sup>st</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.

### **U-35: Games Galore: Jan. 23<sup>rd</sup> at 11:00am**

Get ready for a U35 outing to The Sentry Box, the ultimate destination for board games, RPGs, miniatures, and collectibles! Whether you're a seasoned gamer or just curious about the world of tabletop gaming, this outing is a great chance to explore, connect and have a fun!

\*\*\*this activity is for clients age 35 years and under\*\*\*

### **Name That Movie: Jan. 25<sup>th</sup> at 1:00pm**

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

### **PALS Program: Jan. 26<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.

### **Diary Space: Jan. 27<sup>th</sup> 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!

### **Coffee Cruisers: Jan. 30<sup>th</sup> at 11:00am**

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