





Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<p><b>Important Dates for March Sign-up</b>            March calendar and activity sign-up available: Thurs. Feb. 20<sup>th</sup>            Last day to submit activity sign-up: Tues. Feb. 25<sup>th</sup>            Activity sign-up ready for pick-up: Sat. Mar. 1<sup>st</sup>            Last day to pick-up activity sign-up: Wed. Mar. 5<sup>th</sup></p>					<b>1</b> 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
11:30 Coffee & Snack 11:45 Apples to Apples 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Colouring Therapy</b> 3:00 Pool 3:00 Open Activity	12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 <b>Docu-zone</b> 3:00 Open Activity	10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	12:00 Crowns 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 1:00 <b>Sit &amp; Be Fit</b> 2:30 LG/FG 3:00 Qwirkle	11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Karaoke</b> 3:00 Open Activity	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
11:30 Coffee & Snack 11:45 Dix-it 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	11:00 <b>Creative Writing</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	11:00 <b>Colouring Therapy</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	 10:30 LG/FG 2:00 <b>Valentine's Day Dance</b> No Drop-in after 2:00pm	11:00 <b>YYC Hot Chocolate Fest</b> 12:00 Eights 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 Rummy-O	11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Name That Tune</b> 3:00 Open Activity	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
11:30 Coffee & Snack 11:45 Telestrations 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: auto;"><b>Family Day</b></div> 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11:00 <b>Artistic Trading Cards</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	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	Mar. activity sign-up available <b>20</b>	12:00 Yahtzee 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Sushi Go!	11:30 Coffee & Snack 12:00 Crowns 1:00 <b>U-35: Games Galore</b> 3:00 Open Activity
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		
11:30 Coffee & Snack 11:45 Hues and Cues 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	11:00 <b>Themed Creations</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	Last day to submit activity sign-up <b>25</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 <b>Tea Time</b> 3:00 Open Activity	10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	11:00 <b>Pappa Roti</b> 12:00 Hearts 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>	11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler		

## 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\*



### **Mindfulness Program: Feb. 1st, 21st & 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.

### **Relaxation Group: Feb. 2nd, 9th, 16th & 23rd 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: Feb. 3rd at 1:00pm & Feb. 11th at 11:00am**

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

### **Docu-zone: Feb. 4th at 2:00pm**

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

### **Coffee Talk: Feb. 5th, 19th & 26th at 11:00am**

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

### **Tai Chi: Feb. 6th & 20th 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.

### **Sit & Be Fit: Feb. 7th 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: Feb. 8th at 1:00pm**

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

### **Creative Writing: Feb. 10th 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 themes of new beginnings. We will be using various creative forms to explore this theme. Join us!

### **Valentine's Day Dance: Feb. 12th at 2:00pm**

Join us for a fun afternoon of dancing, prizes and snacks. No partner needed just a desire to have fun!

### **YYC Hot Chocolate Fest: Feb. 13th at 11:00am**

Join us in celebrating Hot Chocolate Fest! We will be trying out a deliciously unique hot chocolate made by a local café.

### **Name that Tune: Feb. 15th at 1:00pm**

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

### **Artistic Trading Cards: Feb. 18th 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: Feb. 22nd 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: Feb. 24th at 11:00am**

February is the month of love- self love! Join us as we create vision boards using images and words to help guide us as we set goals and intentions for the upcoming year!

### **Tea Time: Feb. 25th 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!

### **Pappa Roti: Feb. 27th at 11:00am**

Started in 2003 in Malaysia, Pappa Roti serves freshly baked – hot out of the oven roti buns, with their surfaces coated with a sweet caramelized coffee caramel cream and a secret pocket of salted butter in the middle.

