




Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 11:30 Coffee & Snack 11:45 Sushi Go! 12:30 Relaxation Group 1:00 Bingo 2:00 PALS Program pt. 1 2:30 PALS Program pt.2 3:00 Open Activity	31 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Colouring Therapy 3:00 Pool 3:00 Open Activity		<div style="border: 1px dashed black; padding: 5px;"> <p>Important Dates for April Sign-up April calendar and activity sign-up available: Thurs. Mar. 20th Last day to submit activity sign-up: Tues. Mar. 25th Activity sign-up ready for pick-up: Sat. Mar. 29th Last day to pick-up activity sign-up: Wed. Apr. 2nd</p> </div>			1 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity
2 11:30 Coffee & Snack 11:45 Camel Up! 12:30 Relaxation Group 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	3 11:00 Creative Writing 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	4 11:00 Mindful Art: Sacred Spirals 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	5 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	6 12:00 Crowns 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	7 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Hues and Cues	8 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
9 11:30 Coffee & Snack 11:45 Guillotine 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	10 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Scams & Fraud 3:00 Darts 3:00 Open Activity	11 11:00 Colouring Therapy 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	12 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	13 11:00 Coffee Cruisers 12:00 Qwirkle 1:30 <i>Money Matters pt. 1</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	14 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Skull King	15 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
16 11:30 Coffee & Snack 11:45 Connect 4 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	17 11:00 St. Patrick's Day Fun 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity 	18 11:00 Artistic Trading Cards 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	<div style="border: 2px dashed black; padding: 10px;"> <p>AGENCY CLOSED Staff Development Day</p> </div>		19 Apr. activity sign-up available 20	21 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Pictionary
23 11:30 Coffee & Snack 11:45 Bananagrams 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	24 11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	25 Last day to submit activity sign-up 25 10:30 <i>Rewired</i> 11:00 U-35: Speeders 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	26 10:30 <i>Rewired</i> 10:30 LG/FG 11:00 Coffee Talk 11:00 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	27 12:00 Quiddler 1:30 <i>Money Matters pt. 3</i> 3:00 Open Activity 3:00 <i>Book Club</i> 4:00 <i>Hobby Crafts</i>	28 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Apples to Apples	29 Activity sign-up ready for pick-up 29 11:30 Coffee & Snack 12:00 Crowns 1:00 Movie Classics 3:00 Open Activity

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*



Name That Movie: Mar. 1st at 1:00pm

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

Relaxation Group: Mar. 2nd, 9th, 16th, 23rd & 30th 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.

Creative Writing: Mar. 3rd at 11:00am

Creative writing is about crafting characters, plots, themes, and settings across various forms, from novels and scripts to poetry. This month, we will be exploring the theme of adventure, bringing thrilling journeys and daring quests to life. Through different creative forms, we will dive into storytelling that captures excitement, discovery, and the unknown.

Mindful Art: Sacred Spirals: Mar. 4th at 11:00am

Using the ancient symbol of the spiral, this project explores the concepts of growth and balance. Mindfully create your own personal spiral using watercolours and paint pens.

Coffee Talk: Mar. 5th, 12th & 26th at 11:00am

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

Tai Chi: Mar. 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: Mar. 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.

Mindfulness Program: Mar. 8th, 14th, 22nd & 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.

Karaoke: Mar. 8th at 1:00pm

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

Scams & Fraud: Mar. 10th at 2:00pm

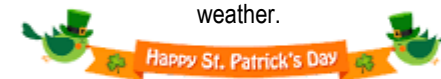
Join us for an informative session presented by the Better Business Bureau (BBB) on how to recognize, avoid, and report scams. This presentation will cover the latest scams affecting consumers and businesses, common tactics used by scammers, and practical tips to safeguard your personal and financial information.

Colouring Therapy: Mar. 11th at 11:00am & Mar. 31st at 1:00pm

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

Coffee Cruisers: Mar. 13th at 11:00am

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



U-35: Games Galore: Mar. 15th 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

Artistic Trading Cards: Mar. 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.

Themed Creations: Mar. 24th at 11:00am

Get into the spirit of St. Patrick's Day! Join Janet in making a macrame rainbow using rope, yarn, and charms to create your beautiful rainbow!

U-35: Speeders: Mar. 25th at 11:00am

As we welcome the arrival of spring, join us for an exciting U-35 excursion to Speeders— Calgary's ultimate social playground! Get ready to explore a variety of fun and thrilling games, connect with great company, and enjoy delicious food and beverages on us. Don't miss out on this unforgettable experience!

this activity is for clients age 35 years and under

Movie Classics: Mar. 29th at 1:00pm

Showing: Field of Dreams— A mysterious voice encourages an Iowa farmer to build a baseball diamond in his cornfield, where a ghostly team of legends comes out to play. Starring Kevin Costner

PALS Program: Mar. 30th 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.