

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		10:30 <i>Rewired</i> 11:00 <b>Telus Spark</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10:30 <i>Rewired</i> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	12:00 Hearts 1:00 <b>Tai Chi</b> 1:30 <i>Money Matters pt. 4</i> 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 Hues and Cues 3:00 <i>Art Therapy pt. 1</i>	11:00 <b>Mindfulness</b> 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
6	7	8	9	10	11	12
11:30 Coffee & Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	10:30 <i>Rewired</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 <b>Themed Creations</b> 3:00 Open Activity	10:30 <i>Rewired</i> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	12:00 Crowns 1:30 <i>Money Matters pt. 5</i> 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 Quiddler 3:00 <i>Art Therapy pt. 2</i>	11:30 Coffee & Snack 12:00 Crowns 1:00 <b>U-35: Wii Games</b> 3:00 Open Activity
13	14	15	16	17	18	19
11:30 Coffee & Snack 11:45 Sushi Go! 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	10:30 <i>Rewired</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 <b>Docu-zone</b> 3:00 Open Activity	10:30 LG/FG 10:30 <i>Rewired</i> 11:00 <b>Coffee Talk</b> 11:00 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	May activity sign-up available	11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 <b>Colouring Therapy</b> 2:30 LG/FG 3:00 Rummy-O	11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Karaoke</b> 3:00 Open Activity
20	21	22	23	24	25	26
11:30 Coffee & Snack 11:45 Bananagrams 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Easter Monday</div> 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Name That Tune</b> 3:00 Darts 3:00 Open Activity 	Last day to submit activity sign-up	10:30 <i>Rewired</i> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	11:00 <b>Diary Space</b> 12:00 Eights 1:30 <i>Money Matters pt. 7</i> 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 Apples to Apples 3:00 <i>Art Therapy pt. 3</i>	Activity sign-up ready for pick-up
27	28	29	30	<div style="border: 1px dashed black; padding: 10px;"> <p style="text-align: center;"><b>Important Dates for May Sign-up</b></p> <p style="text-align: center;">May calendar and activity sign-up available: Thurs. Apr. 17<sup>th</sup></p> <p style="text-align: center;">Last day to submit activity sign-up: Tues. Apr. 22<sup>nd</sup></p> <p style="text-align: center;">Activity sign-up ready for pick-up: Sat. Apr. 26<sup>th</sup></p> <p style="text-align: center;">Last day to pick-up activity sign-up: Wed. Apr. 30<sup>th</sup></p> </div>		
11:30 Coffee & Snack 11:45 Yahtzee 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11:00 <b>Social Dining Experience</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> 12:00 Wizard No Drop-in after 2:00pm			

## 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\*



### **Telus Spark: Apr. 1<sup>st</sup> at 11:00am**

Join us as we explore Telus Spark Science Centre and explore interactive exhibits, multimedia presentations, educational demonstrations and the newest digital experience, Quantum Sandbox– an immersive pixel playground!

### **Coffee Talk: Apr. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> at 11:00am**

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

### **Tai Chi: Apr. 3<sup>rd</sup> & 17<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.

### **Sit & Be Fit: Apr. 4<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.

### **Mindfulness Program: Apr. 5<sup>th</sup>, 11<sup>th</sup> & 25<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.

### **Relaxation Group: Apr. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<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.

### **Artistic Trading Cards: Apr. 7<sup>th</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.

### **Themed Creations: Apr. 8<sup>th</sup> at 2:00pm**

Get into the spirit of spring by creating an eggstra cool masterpiece! We will be using Styrofoam eggs, shaving cream and food coloring to beautify your eggs!

### **U-35: Wii Games: Apr. 12<sup>th</sup> at 1:00pm**

Come and enjoy a fun afternoon of playing various Wii games. You will have plenty of opportunities to claim the title as the funniest gamer. The best part of all, snacks and refreshment will be provided.

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

### **Docu-zone: Apr. 15<sup>th</sup> at 2:00pm**

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

### **Colouring Therapy: Apr. 18<sup>th</sup> at 1:00pm & Apr. 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!

### **Karaoke: Apr. 19<sup>th</sup> at 1:00pm**

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

### **Name that Tune: Apr. 21<sup>st</sup> at 1:00pm**

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

### **Iconic Figures: Apr. 22<sup>nd</sup> at 2:00pm**

A program that explores the lives and legacies of influential historical figures. Through informative content and engaging discussions, it highlights their achievements and lasting impact on the world. This month we will be looking at the life and legacy of Albert Einstein.

### **Diary Space: Apr. 24<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.

### **Movie Classics: Apr. 26<sup>th</sup> at 1:00pm**

Showing: Miss Congeniality: Uncouth and unfashionable FBI agent Gracie Heart goes undercover as a contestant in the Miss United States beauty pageant to thwart a terrorist threat. Starring Sandra Bullock

### **Social Dining Experience: Apr. 29<sup>th</sup> at 11:00am**

Join us as we enjoy some delicious sandwiches from PB and J YYC. This local eatery prepares warm, freshly ground peanut butter sandwiches like you've never had before!

