



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<p align="center">Important Dates for June Sign-up June calendar and activity sign-up available: Thurs. May 15th Last day to submit activity sign-up: Tues. May 20th Activity sign-up ready for pick-up: Sat. May 24th Last day to pick-up activity sign-up: Wed. May 28th</p>					
				1	2	3	
				12:00 Hearts 1:00 Tai Chi 3:00 Open Activity 3:00 Book Club 4:00 Hobby Crafts	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Qwirkle 3:00 Art Therapy pt.4	11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity	
4	5	6	7	8	9	10	
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	12:00 Canasta 1:00 Reach for Recovery 2:00 Docu-zone 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Poppin' Perogies 12:00 Crowns 3:00 Open Activity 4:00 Hobby Crafts	12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Gibberish 3:00 Art Therapy pt.5	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity	
11	12	13	14	15	16	17	
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 2:00 Armchair Travel 3:00 Pool 3:00 Open Activity	11:00 Colouring Therapy 12:00 Canasta 1:00 Reach for Recovery 3:00 Open Activity	10:30 LG/FG 11:00 Welcome 101 2:00 Spring Meal No Drop-in after 2:00pm	June activity sign-up available	12:00 Eights 1:00 Tai Chi 3:00 Open Activity 4:00 Hobby Crafts	12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Sushi-Go! 3:00 Art Therapy pt.6	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
18	19	20	21	22	23	24	
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	Victoria Day	Last day to submit activity sign-up 11:00 Themed Creations 12:00 Canasta 1:00 Reach for Recovery 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Apples to Apples 1:00 Talk & Walk for Wellness 3:00 Open Activity 4:00 Hobby Crafts	12:00 Crib 12:00 Noon Hour Game 1:00 Colouring Therapy 2:30 LG/FG 3:00 Hues and Cues	Activity sign-up ready for pick-up 11:30 Coffee & Snack 12:00 Crowns 1:00 Wii Games 3:00 Open Activity	
25	26	27	28	29	30	31	
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 2:00 PALS Program pt. 1 2:30 PALS Program pt. 2 3:00 Open Activity	11:00 Creative Writing 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	12:00 Canasta 1:00 Reach for Recovery 2:00 Tea Time 3:00 Open Activity	Last day to pick-up activity sign-up 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	11:00 U-35:Qamaria Coffee 12:00 Uno 3:00 Open Activity 3:00 Book Club 4:00 Hobby Crafts	11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Ping Pong Tournament 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*



Tai Chi: May 1st & 15th 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: May 2nd, 17th & 31st 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.

Name That Movie: May 3rd at 1:00pm

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

Relaxation Group: May 4th, 11th, 18th & 25th 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: May 5th 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.

Docu-zone: May 6th at 2:00pm

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

Coffee Talk: May 7th, 21st & 28th at 11:00am

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

Poppin' Perogies: May 8th at 12:00pm

Join us as we elevate your perogy experience at Poppin Perogies! Whether you're in the mood for a sweet escape or savoury delight, these perogies will leave you coming back for more!

Sit & Be Fit: May 9th 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: May 10th at 1:00pm

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

Armchair Travel: May 12th at 2:00pm

Join us for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite and experience a taste of local cuisine. No passport required.

Colouring Therapy: Apr. 13th at 11:00am & Apr. 23rd at 1:00pm

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

Spring Meal: May 14th at 2:00pm

Spring is here!! Join us while we enjoy a delicious gourmet meal to celebrate, and welcome this new season.

U-35: Games Galore: May 17th 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: May 20th at 11:00am

Spring has sprung! Create a beautiful tulip bouquet using pipe cleaner!

Talk & Walk for Wellness: May 22nd at 1:00pm

Join Janet in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

Wii Games: May 24th at 1:00pm

This will be an interactive and social program in the multipurpose room playing the Wii while enjoying each other's company.

PALS Program: May 25th 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.

Creative Writing: May 26th at 11:00am

This month, we will explore the theme of Nature and Renewal, bringing stories of transformation, resilience, and rebirth to life.

Tea Time: May 27th 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!

U-35: Qamaria Café: May 29th at 11:00am

Come enjoy a relaxing afternoon at one of the most vibrant coffee spots in town. This outing is a fantastic opportunity to connect with fellow U35 members, share conversations, and enjoy delicious hot beverages and snacks.

this activity is for clients age 35 years and under

Ping Pong Tournament: May 31st at 1:00pm

Get your game face on for a chance to claim Elements Ping Pong Championship! Regardless of your skill level, join us for some Ping Pong— tournament style!