



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	2 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Docu-zone 3:00 Darts 3:00 Open Activity	3 11:00 U-35: Selfie Museum 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	4 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	5 12:00 Yahtzee 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	6 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Apples to Apples	7 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity
8 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Texas Hold'em 3:00 Open Activity	9 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	10 11:00 Calgary Zoo 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	11 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12 11:00 Coffee Cruisers 12:00 Qwirkle 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	13 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Rummy-O	14 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
15 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	16 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Diary Space 3:00 Darts 3:00 Open Activity	17 11:00 Pickleball 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	18 10:30 LG/FG 11:00 Coffee Talk 11:00 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	19 July activity sign-up available	20 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Quiddler	21 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
22 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	23 11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	24 Last day to submit activity sign-up 11:00 Iconic Figures 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	25 10:30 LG/FG 11:00 Bowness Park 12:00 Wizard No Drop-in after 2:00pm	26 12:00 Uno: No Mercy 1:00 Talk & Walk for Wellness 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	27 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Hearts	28 Activity sign-up ready for pick-up 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
29 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	30 11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	 <div> Important Dates for July Sign-up July calendar and activity sign-up available: Thurs. June 19th Last day to submit activity sign-up: Tues. June 24th Activity sign-up ready for pick-up: Sat. June 28th Last day to pick-up activity sign-up: Wed. July 2nd </div> 				

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*



Relaxation Group: June 1st, 8th, 15th, 22nd & 29th 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.

Docu-zone: June 2nd at 2:00pm

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

U-35: Selfie Museum: June 3rd at 11:00am

Ready to level up your selfie game? Join us for a fun and vibrant outing to the Selfie Museum—a space packed with interactive, eye-popping exhibits perfect for snapping pics, laughing with friends, and making memories. Whether you're an amateur shutterbug or just in it for the fun, this is your chance to connect, explore, and strike a pose. *****this activity is for clients age 35 years and under*****

Coffee Talk: June 4th, 11th & 18th at 11:00am

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

Tai Chi: June 5th & 19th 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: June 6th, 13th & 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.

Name that Tune: June 7th at 1:00pm

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

Soup-er Sunday!: June 8th & 22nd at 1:00pm

In many cultures, meal sharing is an important part of helping to build social connections and symbolizes a unified community. Come join us for Soup-er Sunday! This is an opportunity to sit down with follow Elements' clients to savour a light meal, share a few stories and enjoy a few laughs.

Artistic Trading Cards: June 9th 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.

Calgary Zoo: June 10th at 11:00am

Join us for an exploratory walk through the Calgary Zoo. Enjoy visiting a variety of different animals while socializing and soaking up some fresh air.

Coffee Cruisers: June 12th at 11:00am

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

Colouring Therapy: June 14th at 1:00pm & June 23rd at 11:00am

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

Diary Space: June 16th at 2:00pm

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.

Pickleball: June 17th at 11:00am

Pickleball is fun, social and friendly! The rules are simple and the game is easy for beginners to learn. One of the fastest growing sports, Pickleball combines elements of Badminton, Tennis and Ping Pong.

U-35: Games Galore: June 21nd 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*****

Iconic Figures: June 24th at 11:00am

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 Stephen Hawking.

Bowness Park: June 25th at 11:00am

Come and enjoy a relaxing day at Bowness Park! Experience the beauty of the park, a delicious picnic and wonderful company. Please dress for the weather.

Talk & Walk for Wellness: June 26th at 1:00pm

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

Sit & Be Fit: June 27th 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.

Themed Creations: June 30th at 11:00am

Reduce, reuse, recycle! Join Janet as you use everyday items to make creative masterpieces.