



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Canada Day 1 11:00 Canada Day Goodies 12:00 Canasta 3:00 Open Activity 	2 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	3 11:00 Village Ice Cream 12:00 Yahtzee 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	4 Parade Day: open @ 2pm 2:30 LG/FG 3:00 Wizard	5 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
6 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	7 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	8 11:00 Creative Writing 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	9 10:30 LG/FG 2:00 Stampede Shindig No Drop-in after 2:00pm	10 11:00 U-35: Stampede 12:00 Qwirkle 3:00 Open Activity	11 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Rummy-O	12 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
13 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	14 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Docu-zone 3:00 Darts 3:00 Open Activity	15 11:00 Themed Creations 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	16 10:30 LG/FG 11:00 Coffee Talk 11:00 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	Aug. activity sign-up available 17 11:00 Heritage Park 12:00 Crowns 3:00 Open Activity	18 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Quiddler	19 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
20 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	21 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	Last day to submit activity sign-up 22 11:00 Sit & Be Fit 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	23 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	24 11:00 Limited Mobility: Calgary Zoo 12:00 Uno: No Mercy 3:00 Open Activity	25 12:00 Crib 12:00 Noon Hour Game 1:00 Armchair Travel 2:30 LG/FG 3:00 Hearts	Activity sign-up ready for pick-up 26 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity
27 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	28 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	29 11:00 Colouring Therapy 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	Last day to pick-up activity sign-up 30 8:30 William Watson Lodge 10:30 LG/FG 12:00 Wizard No Drop-in after 2:00pm	31 10:15 Horse Play 12:00 Crowns 3:00 Open Activity	<div> Important Dates for August Sign-up August calendar and activity sign-up available: Thurs. July 17th Last day to submit activity sign-up: Tues. July 22nd Activity sign-up ready for pick-up: Sat. July 26th Last day to pick-up activity sign-up: Wed. July 30th </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.**

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 alternating Fridays and 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*



Coffee Talk: July 2nd, 16th & 23rd at 11:00am

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

Village Ice Cream: July 3rd at 11:00am

Join us for some carefully hand-craft ice cream made right here in Calgary, Alberta using only the very best ingredients.

Colouring Therapy: July 5th at 1:00pm & July 29th at 11:00am

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

Relaxation Group: July 6th, 13th, 20th & 27th 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.

Soup-er Sunday!: July 6th & 20th 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 fellow Elements' clients to savour a light meal, share a few stories and enjoy a few laughs.

Creative Writing: July 8th at 11:00am

Creative writing is about crafting characters, plots, themes, and settings across various forms. This month, we will explore the theme of Celebrating Diversity, bringing stories of identity, inclusion, and unique perspectives to life.

Stampede Shindig: July 9th at 2:00pm

Wear your best western gear and join us for a good ol' fashion Stampede shindig! Carnival games, tasty food and prizes to be won!

U-35: Stampede: July 10th at 11:00am

Saddle up for Stampede fun this July! Join us for a lively outing as we take in the spirit of the Calgary Stampede! This is a great chance to connect with fellow U-35 clients while enjoying the sights, sounds, and energy of one of the city's most iconic events.

this activity is for clients age 35 years and under

Mindfulness Program: July 12th & 18th 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.

Docu-zone: July 14th at 2:00pm

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

Themed Creations: July 15th at 11:00am

It's summertime and the sun is shining! Join Janet in creating a mesmerizing sun catcher. It not only brightens any space but also adds a personal touch of whimsy and colour!

Heritage Park: July 17th at 11:00am

With over 180 exhibits and 55,000 artifacts, there's something for everyone at Heritage Park! Join us as we explore the park and learn a bit of history along the way. Lunch will be provided.

U-35: Games Galore: July 19th 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

Sit & Be Fit: July 22nd at 11:00am

Join us for a beginner full body seated exercise class using resistance bands and bodyweight exercises. Suitable for all skill levels, no experience necessary.

Limited Mobility: Calgary Zoo: July 24th 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. We will be walking slow and taking lots of breaks.

Armchair Travel: July 25th at 1:00pm

Escape to India this July—no passport required! Join us as we journey through India's breathtaking landscapes, timeless history, and vibrant culture — immerse yourself in rich traditions, colorful festivals, and flavors that dance on your palate.

Name That Movie: July 26th at 1:00pm

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

Artistic Trading Cards: July 28th 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.

William Watson Lodge: July 30th at 8:30am

Join us for a day trip to the William Watson Lodge in beautiful Kananaskis country. Opportunity for relaxing in the mountains, activities of your choice, and board games. Snacks, and a full lunch will be provided.

Horse Play: July 31st at 10:15am

Join us for a fun filled outing to meet some very special horses. Learn some basic horse etiquette while feeding, grooming and petting some horses. Lunch will be provided.