

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	<div>  <div> Important Dates for September Sign-up September calendar and activity sign-up available: Thurs. Aug. 21st Last day to submit activity sign-up: Tues. Aug. 26th Activity sign-up ready for pick-up: Sat. Aug. 30th Last day to pick-up activity sign-up: Wed. Sept. 3rd </div> </div>				1 11:00 Taste of Calgary 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Qwirkle	2 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
3 11:30 Coffee & Snack 11:45 Wizard 1:00 Soup-er Sunday! 3:00 Texas Hold'em 3:00 Open Activity	4 <div>Heritage Day</div> 11:00 Colouring Therapy 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	5 11:00 Diary Space 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	6 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	7 12:00 Uno 2:00 Docu-zone 3:00 Open Activity	8 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Wizard	9 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
10 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	11 11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	12 11:00 Talk & Walk for Wellness 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity No Drop-in after 2:00pm	13 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	14 11:00 Calgary Zoo 12:00 Crowns 3:00 Open Activity	15 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Quiddler	16 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity
17 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	18 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	19 11:00 Canela Bakery 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity No Drop-in after 2:00pm	20 10:30 LG/FG 10:45 Bebo Grove– Fish Creek 12:00 Wizard No Drop-in after 2:00pm	Sept. activity sign-up available 21 11:00 Outdoor Splatter Paint 12:00 Phase 10 3:00 Open Activity	22 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Hues and Cues	23 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
24 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	25 11:00 Iconic Figures 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	26 Last day to submit activity sign-up 11:00 Made By Marcus 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity No Drop-in after 2:00pm	27 8:30 William Watson Lodge 10:30 LG/FG 12:00 Wizard No Drop-in after 2:00pm	28 10:15 Horse Play 12:00 Apple to Apples 3:00 Open Activity	29 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Rummy-O	30 Activity sign-up ready for pick-up 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

Important Dates for September Sign-up

September calendar and activity sign-up available: Thurs. Aug. 21st

Last day to submit activity sign-up: Tues. Aug. 26th

Activity sign-up ready for pick-up: Sat. Aug. 30th

Last day to pick-up activity sign-up: Wed. Sept. 3rd



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.**

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.

If you have questions, comments or concerns please contact Janet, Kazeem or Taya

Activity Highlights: These Events Require Sign Up

*** Calendar Subject to Change***



Taste of Calgary: Aug. 1st at 11:00am

Taste of Calgary is the city's most appetizing festival, giving visitors the chance to sample the city's food, beverages, music and other cool things. Clients will be given 10 sampling tickets to experience the delicious food!

Mindfulness Program: Aug. 2nd, 16th, 22nd & 29th 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.

Soup-er Sunday!: Aug. 3rd, 17th & 31st 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.

Colouring Therapy: Aug. 4th at 11:00am & Aug. 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!

Diary Space: Aug. 5th at 11:00am

A judgment-free space to reflect, share, and connect. Diary Space invites you to express yourself openly, listen deeply, and support one another through authentic journaling experience.

Coffee Talk: Aug. 6th & 13th at 11:00am

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

Docu-zone: Aug. 7th at 2:00pm

Experience impactful documentaries with Elements. Each session sparks deep dialogue on real-world topics—culture, identity, justice, and more. Watch, reflect, and engage.

U-35: Games Galore: Aug. 9th 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*****

Relaxation Group: Aug. 10th, 17th, 24th & 31st 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.

Themed Creations: Aug. 11th at 11:00am

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

Talk & Walk for Wellness: Aug. 12th at 11:00am

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

Calgary Zoo: Aug. 14th 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.

Name that Tune: Aug. 16th at 1:00pm

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

Artistic Trading Cards: Aug. 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.

Canela Bakery: Aug. 19th at 11:00am

Join us as we venture to Calgary's first fully vegan bakery & cafe nestled in the heart of historic Inglewood. Known for their delicious vegan baked goods and handcrafted coffee and non-coffee beverages!

Bebo Grove– Fish Creek Park: Aug. 20th at 10:45am

Come and enjoy a relaxing day at Bebo Grove in Fish Creek Park! Experience the beauty of the park, a delicious picnic and wonderful company.

Outdoor Splatter Paint: Aug. 21st at 11:00am

Splattering paint is a fast and fun way to create uniquely personalized art pieces, get creative by splashing, spraying and splattering. Old clothes is suggested as this is a fun yet messy process.

Sit & Be Fit: Aug. 22nd 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.

Iconic Figures: Aug. 25th at 11:00am

Discover the legacy of Mother Teresa—her compassion, faith, and tireless service. Join us as we explore how her life story still inspires acts of kindness and social justice today.

Made By Marcus: Aug. 26th at 11:00am

Made by Marcus offers hand-made, small batch ice cream in a variety of neat flavours. Join us for socialization and a sweet treat!

William Watson Lodge: Aug. 27th 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: Aug. 28th 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.

Ping Pong Tournament: Aug. 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!

