




SUPPORT & RECREATION SERVICES September 2025

1035 – 7 Ave S.W. Calgary Alberta T2P 3E9 Ph: (403) 266-8711 Web Site: elementscmh.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Labour Day 1 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	2 11:00 Colouring Therapy 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	3 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	4 12:00 Eights 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	5 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Quiddler	6 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity
7 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	8 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	9 11:00 U-35: Amato Gelato 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity No Drop-in after 2:00pm	10 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	11 12:00 Uno: No Mercy 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Rummy-O	13 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
14 11:30 Coffee & Snack 11:45 Wizard 1:00 Soup-er Sunday! 3:00 Open Activity	15 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Colouring Therapy 3:00 Pool 3:00 Open Activity	16 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Docuzone 3:00 Open Activity No Drop-in after 2:00pm	17 10:30 LG/FG 11:00 Coffee Talk 11:00 Welcome 101 12:00 Wizard No Drop-in after 2:00pm	Oct. activity sign-up available 18 12:00 Crowns 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	19 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Apples to Apples	20 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
21 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	22 11:00 Creative Writing 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	Last day to submit activity sign-up 23 11:00 Avenida Food Hall 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity No Drop-in after 2:00pm	24 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	25 12:00 Qwirkle 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	26 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Wizard	Activity sign-up ready for pick-up 27 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
28 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 2:00 PALS Program pt. 1 2:30 PALS Program pt. 2 3:00 Open Activity	29 11:00 Armchair Travel 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	30 Truth & Reconciliation Day 11:00 Themed Creations 11:30 Coffee & Snack 12:00 Canasta 3:00 Open Activity	<div>  <div> Important Dates for October Sign-up October calendar and activity sign-up available: Thurs. Sept. 18th Last day to submit activity sign-up: Tues. Sept. 23rd Activity sign-up ready for pick-up: Sat. Sept. 27th Last day to pick-up activity sign-up: Wed. Oct. 1st </div>  </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.**

Bring Your Own Book Club: Bring Your Own Book Club is a quiet, cozy gathering where book lovers come together to read in companionable silence. It's the perfect way to relax, recharge, and connect over a shared love of books. Participate consistently and be entered into a draw to win an Indigo gift card! **This is a drop-in activity.**

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*



Colouring Therapy: Sept. 2nd at 11:00am & Sept. 15th at 1:00pm

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

Coffee Talk: Sept. 3rd, 10th, 17th & 24th at 11:00am

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

Tai Chi: Sept. 4th & 18th 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: Sept. 5th, 20th & 26th 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: Sept. 6th at 1:00pm

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

Relaxation Group: Sept. 7th, 21st & 28th 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: Sept. 8th 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.

U-35: Amato Gelato: Sept. 9th at 11:00am

Connect over scoops at Amato Gelato! Join fellow U-35s for a fun, casual outing filled with unique flavors, good vibes, and meaningful conversations in a chill local spot.

this activity is for clients age 35 years and under

U-35: Games Galore: Sept. 13th 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

Soup-er Sunday!: Sept. 14th & 28th 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.

Docu-zone: Sept. 16th 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.

Sit & Be Fit: Sept. 19th 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: Sept. 20th at 1:00pm

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

Creative Writing: Sept. 22nd at 11:00am

Creative Writing is a space to explore storytelling through novels, scripts, and poetry. Each month has a theme—in *Memory & Reflection*, we share stories of identity, culture, and moments that define us.

Avenida Food Hall: Sept. 23rd at 11:00am

Join us as we explore the Avenida Food Hall! With cuisine ranging from vegan Ethiopian all the way to Korean fusion tacos, you're sure to find something delicious!

PALS Program: Sept. 28th 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.

Armchair Travel: Sept. 29th at 11:00am

Armchair Travel takes you on immersive journeys from the comfort of your seat. This month, we explore Dubai in the United Arab Emirates—its glittering skyline, vibrant souks, desert adventures, and rich traditions. Discover the blend of ancient culture and futuristic vision that makes this city unlike any other.

Themed Creations: Sept. 30th at 11:00am

Join us as we recognize Truth and Reconciliation Day with an Indigenous inspired craft – bead weaving!

