



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div> <p>Important Dates for November Sign-up</p> <p>November calendar and activity sign-up available: Thurs. Oct. 16th</p> <p>Last day to submit activity sign-up: Tues. Oct. 21st</p> <p>Activity sign-up ready for pick-up: Sat. Oct. 25th</p> <p>Last day to pick-up activity sign-up: Wed. Oct. 29th</p> </div>			<p>1</p> <p>10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>2</p> <p>12:00 Eights 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>3</p> <p>12:00 Crib 12:00 Noon Hour Game 1:00 Colouring Therapy 2:30 LG/FG 3:00 Qwirkle</p>	<p>4</p> <p>11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity</p>
<p>5</p> <p>11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity</p>	<p>6</p> <p>11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p>7</p> <p>12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Tea Time 3:00 Open Activity</p>	<p>8</p> <p>10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>9</p> <p>11:00 And Some Flower Café 12:00 Rummy-O 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>10</p> <p>11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Hues and Cues</p>	<p>11</p> <p>11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity</p>
<p>12</p> <p>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</p>	<p>13</p> <p>Thanksgiving Day</p> <p>11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity</p>	<p>14</p> <p>11:00 U-35: Nickle Galleries 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</p>	<p>15</p> <p>10:30 LG/FG 11:00 Coffee Talk 11:00 Welcome 101 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>Nov. activity sign-up available 16</p> <p>12:00 Quiddler 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>17</p> <p>11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Apples to Apples</p>	<p>18</p> <p>11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity</p>
<p>19</p> <p>11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity</p>	<p>20</p> <p>11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p>Last day to submit activity sign-up 21</p> <p>12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Docu-zone 3:00 Open Activity</p>	<p>22</p> <p>10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>23</p> <p>12:00 Crowns 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>24</p> <p>11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Wizard 3:00 <i>Art Therapy pt. 1</i></p>	<p>Activity sign-up ready for pick-up 25</p> <p>11:30 Coffee & Snack 12:00 Crowns 1:00 Iconic Figures 3:00 Open Activity</p>
<p>26</p> <p>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</p>	<p>27</p> <p>11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity</p>	<p>28</p> <p>11:00 Diary Space 11:30 Coffee & Snack 12:00 Canasta 3:00 Open Activity</p>	<p>Last day to pick-up activity sign-up 29</p> <p>2:00 Halloween Dance</p>  <p>No Drop-in after 2:00pm</p>	<p>30</p> <p>12:00 Hearts 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>31</p> <p>12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Bananagrams 3:00 <i>Art Therapy pt. 2</i></p>	

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 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: Oct. 1st, 8th, 15th & 22nd at 11:00am

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

Tai Chi: Oct. 2nd & 16th 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.

Colouring Therapy: Oct. 3rd at 1:00pm & Oct. 20th at 11:00am

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

Mindfulness Program: Oct. 4th, 10th, 18th & 24th 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.

U-35: Games Galore: Oct. 4th 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: Oct. 5th, 12th, 19th & 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: Oct. 6th 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.

Tea Time: Oct. 7th 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.

And Some Flower Café: Oct. 9th at 11:00am

Join us as we visit And Some where "every visit is an invitation to the garden of colors and fragrances." As you sip their thoughtfully crafted beverages, you'll find yourself surrounded by the natural elegance of blooms that enhance your experience.

Karaoke: Oct. 11th at 1:00pm

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

Soup-er Sunday!: Oct. 12th & 26th 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.

U-35: Nickle Galleries: Oct. 14th at 11:00am

Join our U-35 group outing to Nickle Galleries! Explore bold art, culture, and conversation—all with good company and snacks after. A fun weekday escapes to connect, discover, and share creativity together

this activity is for clients age 35 years and under

Name that Tune: Oct. 18th at 1:00pm

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

Docu-zone: Oct. 21st 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.

Iconic Figures: Oct. 25th at 1:00pm

Discover the legacy of Mahatma Gandhi—his philosophy of nonviolence, his leadership in India's independence movement, and his unwavering commitment to truth. Join us as we explore how his life story continues to inspire peace, justice, and social change around the world today.

PALS Program: Oct. 26th 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.

Themed Creations: Oct. 27th at 11:00am

Get into the Halloween spirit by custom designing your own haunted house! Paint, decoupage and embellish to help bring this piece to life!

Diary Space: Oct. 28th 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.

Halloween Dance: Oct. 29th at 2:00pm

Come down, dressed in your best Halloween costume, and dance! Win spot dance prizes, enjoy some delicious treats, and venture through our very own haunted house! Best Costume Prizes will be awarded!

Sit & Be Fit: Oct. 31st 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.