





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:00 Iconic Figures 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	2 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	3 10:30 LG/FG 11:00 Coffee Talk 11:00 Lunchbox Theatre 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 1:00 Bingo 2:30 LG/FG 3:00 Open Activity	6 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
7 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	8 11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	9 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10 <div>2:00 Holiday Party</div>  No Drop-in after 2:00pm	11 12:00 Rummy-O 3:00 Open Activity 4:00 <i>Hobby Crafts</i> 4:30 Holiday Wonder	12 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 Open Activity	13 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 2:00 12 Days of Giveaways 3:00 Open Activity
14 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 2:00 12 Days of Giveaways 3:00 Open Activity	15 11:00 Diary Space 12:00 Noon Hour Game 12:00 Skip-bo 2:00 12 Days of Giveaways 3:00 Darts	16 11:00 Christmas Carol Karaoke 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 12 Days of Giveaways 3:00 Open Activity	17 10:30 LG/FG 11:00 Coffee Talk 11:00 Welcome 101 12:00 Wizard 1:00 12 Days of Giveaways No Drop-in after 2:00pm	Jan. activity sign-up available 18 12:00 Crowns 1:00 Tai Chi 2:00 12 Days of Giveaways 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	19 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:00 12 Days of Giveaways 2:30 LG/FG 3:00 Open Activity	20 11:30 Coffee & Snack 12:00 Crowns 1:00 Holiday Jeopardy 2:00 12 Days of Giveaways 3:00 Open Activity
21 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 2:00 12 Days of Giveaways 3:00 Open Activity	22 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 2:00 12 Days of Giveaways 3:00 Pool 3:00 Open Activity	Last day to submit activity sign-up 23 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 12 Days of Giveaways 2:00 Docu-zone 3:00 Open Activity	24 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard 1:00 12 Days of Giveaways No Drop-in after 2:00pm	25 <div>Christmas Day</div> <div>Agency Closed</div>	26 <div>Boxing Day Bingo</div> 11:00 Goodies, Coffee, Tea & Hot Chocolate Boxing Day Bingo 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3	Activity sign-up ready for pick-up 27 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
28 11:30 Coffee & Snack 11:45 Wizard 3:00 Open Activity	29 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	30 11:00 Colouring Therapy 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	31 Last day to pick-up activity sign-up 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	<div>  <div> Important Dates for January Sign-up January calendar and activity sign-up available: Thurs. Dec. 18th Last day to submit activity sign-up: Tues. Dec. 23rd Activity sign-up ready for pick-up: Sat. Dec. 27th Last day to pick-up activity sign-up: Wed. Dec. 31st </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 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*



Iconic Figures: Dec. 1st at 11:00am

Discover the legacy of Harriet Tubman—Her social activism movement served as catalyst for the freedom of enslaved African Americans. Join us as we explore how her life story continues to inspire freedom, justice, and social change around the world today.

Coffee Talk: Dec. 3th, 17th, 24th & 31st at 11:00am

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

Lunchbox Theatre: Dec. 3rd at 11:00am

Enjoy a theatre production of "How Patty & Joanne Won High Gold..." Patty and Joanne's Adult Beginner Tap Class has dwindled in attendance and the instructor has quit, just in time for the Grand Christmas Cup Winter Dance Competition. Nevertheless, the two unlikely friends decide to band together and face the judges alone for a shot at High Gold. Patty and Joanne push their limitations while rediscovering their holiday spirit in this hilarious buddy comedy.

Tai Chi: Dec. 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: Dec. 5th, 13th & 27th 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: Dec. 6th at 1:00pm

Unleash your playful side! Games Galore brings U-35 members together for card games, board games, and team challenges. Meet new friends, laugh lots, and game no experience needed. *****this activity is for clients age 35 years and under*****

Relaxation Group: Dec. 7th, 14th & 21st 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!: Dec. 7th & 21st 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.

Themed Creations: Dec. 8th at 11:00am

Get ready to deck yourself out in holiday cheer! Join Janet in making your own ugly Christmas sweater where you turn an ordinary sweater into a festive fashion statement that tacky and unique!

Holiday Party: Dec. 10th at 2:00pm

Come down for some holiday fun, presents and yummy treats. Join in sharing some holiday cheer!

Holiday Wonder: Dec. 11th at 4:30pm

Holiday Wonder is Calgary's newest holiday tradition — an indoor, immersive Christmas festival that brings the season to life like never before.



Sit & Be Fit: Dec. 12th 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.

Colouring Therapy: Dec. 13th at 1:00pm & Dec. 30th 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: Dec. 15th 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.

Christmas Carol Karaoke: Dec. 16th at 11:00am

A time for coming together in the SRS and sharing in song. An opportunity for all to choose a Christmas carol and sing it together.

Holiday Jeopardy: Dec. 20th at 1:00pm

Join Janet in a fun game of Holiday Jeopardy! Contestants will be presented with clues in the form of answers, and must phrase their responses in the form of a question! Test your Holiday knowledge to score the most points and become the winning team! Prizes to win!

Artistic Trading Cards: Dec. 22nd 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.

Docu-zone: Dec. 23rd 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.