



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<div><u>Important Dates for January Sign-up</u> February calendar and activity sign-up available: Thurs. Jan. 15th Last day to submit activity sign-up: Tues. Jan. 20th Activity sign-up ready for pick-up: Sat. Jan. 24th Last day to pick-up activity sign-up: Wed. Jan. 28th</div>				1 <div>New Year's Day Bingo</div> <div>11:00 Goodies, Coffee, Tea & Hot Chocolate <u>New Year's Day Bingo</u> 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3</div>	2 <div>12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity</div>	3 <div>11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity</div>
					4 <div>11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 3:00 Texas Hold'em 3:00 Open Activity</div>	5 <div>11:00 Creative Writing 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity</div>	6 <div>11:00 U-35:Hexagon Café 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</div>
11 <div>11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity</div>	12 <div>11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</div>	13 <div>11:00 Colouring Therapy 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</div>	14 <div>10:30 LG/FG 11:00 Coffee Talk 11:00 Welcome 101 12:00 Wizard</div> <div>No Drop-in after 2:00pm</div>	Feb. activity sign-up available 15 <div>11:00 Social Dining Experience 12:00 Crowns 3:00 Open Activity 4:00 <i>Hobby Crafts</i></div>	16 <div>11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity</div>	17 <div>11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity</div>	
18 <div>11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity</div>	19 <div>12:00 Noon Hour Game 12:00 Skip-bo 2:00 Docu-zone 3:00 Pool 3:00 Open Activity</div>	Last day to submit activity sign-up 20 <div>11:00 Artistic Trading Cards 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</div>	21 <div>10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard</div> <div>No Drop-in after 2:00pm</div>	22 <div>12:00 Qwirkle 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i></div>	23 <div>11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity</div>	Activity sign-up ready for pick-up 24 <div>11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity</div>	
25 <div>11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 2:00 PALS Program pt. 1 2:30 PALS Program pt. 2 3:00 Open Activity</div>	26 <div>12:00 Noon Hour Game 12:00 Skip-bo 1:00 Colouring Therapy 3:00 Darts 3:00 Open Activity</div>	27 <div>TBD Movie Goers 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</div>	Last day to pick-up activity sign-up 28 <div>10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard</div> <div>No Drop-in after 2:00pm</div>	29 <div>12:00 Quiddler 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i></div>	30 <div>11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity</div>	31 <div>11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity</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*



Name that Tune: Jan. 3rd at 1:00pm

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

Relaxation Group: Jan. 4th, 11th, 18th & 25th 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.

Creative Writing: Jan. 5th at 11:00am

Creative Writing is a space to explore storytelling through novels, scripts, and poetry. Each month has a theme—in New Worlds, New Beginnings, we create stories of fresh starts, transformed identities, and imaginative new realities waiting to be discovered.

U-35: Hexagon Café: Jan. 6th at 11:00am

U-35, come to Hexagon Café to hang out, play games, and have fun with friends from new and old!

Coffee Talk: Jan. 7th, 14th, 21st & 28th at 11:00am

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

Tai Chi: Jan. 8th & 22nd 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.

Sit & Be Fit: Jan. 9th 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.

Mindfulness Program: Jan. 10th, 16th, 23rd & 31st 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.

Themed Creations: Jan. 12th at 11:00am

Themed Creations: Nov. 17th at 11:00am
Join Janet in a paint and sip class where we learn how to paint a mountain sunset . Clients will be watching a step-by-step instructional video to create a beautiful, finished painting.

Colouring Therapy: Jan. 13th at 11:00am & Jan. 26th at 1:00pm

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

Social Dining Experience: Jan. 15th at 11:00am

Pfanntastic Pannenkoek Haus offers over 40 varieties of the original savoury and sweet Dutch pancakes. Join us for this delicious treat!

Karaoke: Jan. 17th at 1:00pm

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



Soup-er Sunday!: Jan. 18th 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.

Docu-zone: Jan. 19th 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.

Artistic Trading Cards: Jan. 20th 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: Games Galore: Jan. 24th 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*****

PALS Program: Jan. 25th 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.

Movie Goers: Jan. 27th at TBD

Enjoy the full movie theatre experience at Chinook Mall! Sit in the comfy chairs, eat some delicious treats and enjoy the show. Movie and time will be determined closer to the date.