

SUPPORT & RECREATION SERVICES February 2026

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1		2	3	4	5
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 1:00 Colouring Therapy 3:00 Pool 3:00 Open Activity	11:00 Artistic Trading Cards 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard	12:00 Rummy-O 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
			6			7
	8		9	10	11	12
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	11:00 Colouring Therapy 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10:30 LG/FG 2:00 Elements' 70's Dance	11:00 YYC Hot Chocolate Fest 12:00 Eights 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Movie 3:00 Open Activity
				13		14
	15	16	17	18	19	20
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	Family Day 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11:00 Diary Space 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 11:00 Welcome 101 12:00 Wizard	12:00 Uno: No Mercy 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
					21	
	22	23	24	25	26	27
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 1:00 Sit & Be Fit 3:00 Darts 3:00 Open Activity	12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Docu-zone 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard	11:00 Chinese Cultural Centre 12:00 Crowns 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity	Activity sign-up ready for pick-up 28 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity



Important Dates for March Sign-up
 March calendar and activity sign-up available: Thurs. Feb. 19th
 Last day to submit activity sign-up: Tues. Feb. 24th
 Activity sign-up ready for pick-up: Sat. Feb. 28th
 Last day to pick-up activity sign-up: Wed. Mar. 4th



OVER

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! [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. [There are 6 drop-in spots per Thursday.](#) Client wishing to drop-in need to bring their own projects.

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*

Relaxation Group: Feb. 1st, 8th, 15th & 22nd 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!: Feb. 1st and 15th 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.

Colouring Therapy: Feb. 2nd at 1:00pm & Feb. 10th at 11:00am

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

Artistic Trading Cards: Feb. 3rd 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.

Coffee Talk: Feb. 4th, 18th & 25th at 11:00am

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

Tai Chi: Feb. 5th & 19th 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: Feb. 6th & 14th 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.

Karaoke: Feb. 7th at 1:00pm

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

Themed Creations: Feb. 9th at 11:00am

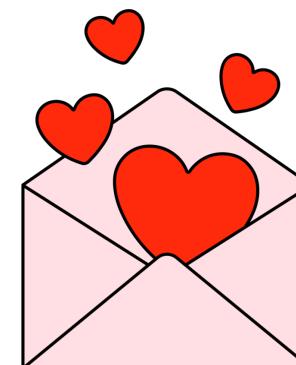
Create a festive Valentine's Day Gnome using cozy fabrics, a fluffy beard, and charming heart details. This easy-to-make project is perfect for seasonal décor or a heartfelt handmade gift, adding a touch of whimsy and love to any space.

Elements' 70's Dance: Feb. 11th at 2:00pm

Let's go back in time and rewind to the groovy 70's! Dust off your 70's attire and join us for a fun afternoon of dancing and prizes!

YYC Hot Chocolate Fest: Feb. 12th at 11:00am

Join us in celebrating Hot Chocolate Fest! We will be trying out a deliciously unique hot chocolate made by a local café.



Name that Movie: Feb. 14th at 1:00pm

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

Diary Space: Feb. 17th at 11:00am

Diary Space is a quiet place to reflect through writing without pressure or judgment. For February, Stories in Objects invites participants to focus on an object—chosen daily or weekly—and explore the memories, meanings, or quiet stories it holds.

Writing can be imaginative or observational, allowing objects to become simple prompts for reflection and expression.

U-35: Games Galore: Feb. 21st 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**

Sit & Be Fit: Feb. 23rd 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.

Docu-zone: Feb. 24th 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.

Chinese Cultural Centre: Feb. 26th at 11:00am

Join us in celebrating Chinese New Year! Explore the rich history of Chinese culture as we tour the Calgary Chinese Cultural Centre and learn about the different exhibits. Afterwards, we will be having lunch at a traditional Chinese restaurant where we will be treated to delicious food.