

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	2 11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	3 11:00 Artistic Trading Cards 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	4 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	5 12:00 Quiddler 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	6 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	7 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
8 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	9 11:00 Bowling 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	10 11:00 Colouring Therapy 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	11  AGENCY CLOSED Staff Development Day	12 11:00 Creative Writing 12:00 Dutch Blitz 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	13 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 <i>Art Therapy pt. 1</i> 3:00 Open Activity	14 11:30 Coffee & Snack 12:00 Crowns 1:00 Name That Tune 3:00 Open Activity
15 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	16 12:00 Noon Hour Game 12:00 Skip-bo 2:00 Docu-zone 3:00 Pool 3:00 Open Activity	17 11:00 St. Patrick's Day Treats 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Scams & Fraud  3:00 Open Activity	18 10:30 LG/FG 11:00 Coffee Talk 11:00 Welcome 101 12:00 Wizard No Drop-in after 2:00pm	19 Apr. activity sign-up available 19 12:00 Uno: Flip 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	20 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 <i>Art Therapy pt. 2</i> 3:00 Open Activity	21 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
22 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	23 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Sit & Be Fit 3:00 Darts 3:00 Open Activity	24 Last day to submit activity sign-up 24 11:00 Coffee Cruisers 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	25 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	26 12:00 Crowns 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	27 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 <i>Art Therapy pt. 3</i> 3:00 Open Activity	28 Activity sign-up ready for pick-up 28 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
29 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	30 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	31 11:00 Zentangles 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	 <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p>Important Dates for April Sign-up April calendar and activity sign-up available: Thurs. Mar. 19th Last day to submit activity sign-up: Tues. Mar. 24th Activity sign-up ready for pick-up: Sat. Mar. 28th Last day to pick-up activity sign-up: Wed. Apr. 1st</p> </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. **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: Mar. 1st, 8th, 15th, 22nd, 29th 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!: Mar. 1st, 15th & 29th 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.

Themed Creations: Mar. 2nd at 11:00am

Join us for a unique yarn craft that's as easy as peel, stick and create! This craft explores colour, texture and design.

Artistic Trading Cards: Mar. 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: Mar. 4th, 18th & 25th at 11:00am

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

Tai Chi: Mar. 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: Mar. 7th, 20th & 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.

Karaoke: Mar. 7th at 1:00pm

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

Bowling: Mar. 9th at 11:00am

Join us in a non-competitive game of 5-pin bowling at Chinook Bowladrome. Must be able to lift 4lbs.

Colouring Therapy: Mar. 10th at 11:00am & Mar. 21st at 1:00pm

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

Creative Writing: Mar. 12th at 11:00am

Dive into storytelling through novels, scripts, and poetry. For Voices of Change, create pieces about activism, growth, and characters who speak out or quietly shift the world. Write, share, and be inspired.

Name that Tune: Mar. 14th at 1:00pm

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

Docu-zone: Mar. 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.

Scams & Fraud: Mar. 17th at 2:00pm

Learn how to spot, avoid, and report scams with the BBB. This session covers common tactics, the latest consumer and business scams, and practical tips to protect your personal and financial information.

Sit & Be Fit: Mar. 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.

Coffee Cruisers: Mar. 24th at 11:00am

A leisurely walk for coffee and conversation at a nearby café. Please dress appropriately for the weather.

U-35: Games Galore: Mar. 28th 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: Mar. 29th 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.

Zentangles: Mar. 31st at 11:00am

Zentangles are an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Using this technique we will be personalizing your very own journal!

