



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><b>Important Dates for May Sign-up</b>            May calendar and activity sign-up available: Thurs. Apr. 16<sup>th</sup>            Last day to submit activity sign-up: Tues. Apr. 21<sup>st</sup>            Activity sign-up ready for pick-up: Sat. Apr. 25<sup>th</sup>            Last day to pick-up activity sign-up: Wed. Apr. 29<sup>th</sup></p>			1 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	2 12:00 Quiddler 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	3 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	4 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Karaoke</b> 3:00 Open Activity
5 11:30 Coffee & Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	6 <b>Easter Monday</b> 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Colouring Therapy</b> 3:00 Darts 3:00 Open Activity 	7 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 <b>Docu-zone</b> 3:00 Open Activity	8 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	9 12:00 Rummy-O 1:00 <b>Sit &amp; Be Fit</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	10 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 <i>Art Therapy pt. 4</i> 3:00 Open Activity	11 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Name That Movie</b> 3:00 Open Activity
12 11:30 Coffee & Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 <b>Soup-er Sunday!</b> 3:00 Open Activity	13 11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	14 11:00 <b>Studio Bell</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	15 10:30 LG/FG 11:00 <b>Coffee Talk</b> 11:00 Welcome 101 12:00 Wizard  No Drop-in after 2:00pm	16 May. activity sign-up available 12:00 Eights 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	17 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 <i>Art Therapy pt. 5</i> 3:00 Open Activity	18 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>U-35: Games Galore</b> 3:00 Open Activity
19 11:30 Coffee & Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity	20 11:00 <b>Themed Creations</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	21 Last day to submit activity sign-up 11:00 <b>Colouring Therapy</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	22 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard  No Drop-in after 2:00pm	23 12:00 Uno 3:00 Open Activity 3:30 <b>Calgary Expo</b> 4:00 <i>Hobby Crafts</i>	24 11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 <i>Art Therapy pt. 6</i> 3:00 Open Activity	25 Activity sign-up ready for pick-up 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Teach to Play</b> 3:00 Open Activity
26 11:30 Coffee & Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 <b>Soup-er Sunday!</b> 3:00 Open Activity	27 11:00 <b>Armchair Travel</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	28 10:30 <i>Rewired</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	29 Last day to pick-up activity sign-up 10:30 <i>Rewired</i> 10:30 LG/FG 2:00 <b>Spring Meal</b>  No Drop-in after 2:00pm	30 12:00 Crowns 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>		

## 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\*



### **Coffee Talk: Apr. 1st, 8th, 15th & 25th at 11:00am**

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

### **Tai Chi: Apr. 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.

### **Mindfulness Program: Apr. 3rd, 17th & 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.

### **Karaoke: Apr. 4th at 1:00pm**

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

### **Relaxation Group: Apr. 5th, 12th, 19th & 26th 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.

### **Colouring Therapy: Apr. 6th at 1:00pm & Apr. 21st at 11:00am**

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

### **Docu-zone: Apr. 7th 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.

### **Sit & Be Fit: Apr. 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.

### **Name that Movie: Apr. 11th at 1:00pm**

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

### **Soup-er Sunday!: Apr. 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.

### **Artistic Trading Cards: Apr. 13th 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.

### **Studio Bell: Apr. 14th at 11:00am**

Join us as we explore the home for music in Canada: Studio Bell. We will be taking the LRT and walking to the Centre.

### **U-35: Games Galore: Apr. 18th 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\*\***

### **Themed Creations: Apr. 20th at 11:00am**

Join Janet in creating your own mini twine Easter basket! Using a paper cup, you will cut, weave and transform it into a rustic basket perfect for holding Easter eggs or spring decorations

### **Calgary Expo: Apr. 23rd at 3:30pm**

Calgary Expo, known in full as the Calgary Comic and Entertainment Expo, is an annual fan convention held at Stampede Park. Experience the ultimate playground for Comics, Sci-Fi, Horror, Anime, and Gaming!

### **Teach to Play: Apr. 25th at 1:00pm**

Tired of all the same games? Come learn and play a variety of different card and board games such as Hues and Cues, Play Nine, Camel up and more!

### **Armchair Travel: Apr. 27th at 11:00am**

Explore the world from your seat! Start the year in Trinidad & Tobago, discovering its culture, music, landscapes, and food. Watch, learn, and be inspired—no passport needed.

### **Spring Meal: Apr. 29th at 2:00pm**

Spring is here!! Join us while we enjoy a delicious gourmet meal to celebrate, and welcome this new season.

