



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 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		Important Dates for June Sign-up June calendar and activity sign-up available: Thurs. May 21st Last day to submit activity sign-up: Tues. May 26th Activity sign-up ready for pick-up: Sat. May 30th Last day to pick-up activity sign-up: Wed. June 3rd			1 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 <i>Art Therapy pt. 7</i> 3:00 Open Activity	2 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
3 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	4 11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	5 10:30 <i>Rewired</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Tea Time 3:00 Open Activity	6 10:30 <i>Rewired</i> 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	7 10:15 Master Chocolat Tour 12:00 Rummy-O 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	8 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 1:00 Computer Basics- Basics of Computer & Internet 2:30 LG/FG 3:00 Open Activity	9 11:30 Coffee & Snack 12:00 Crowns 1:00 Jukebox Bingo 3:00 Open Activity
10 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	11 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	12 10:30 <i>Rewired</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Docu-zone 3:00 Open Activity	13 10:30 <i>Rewired</i> 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	14 11:00 Healing with Laughter 12:00 Eights 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	15 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Computer Basics- MS Word Level 1 2:30 LG/FG 3:00 Open Activity	16 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
17 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	<div style="border: 2px solid black; padding: 5px; text-align: center;"> Victoria Day </div> 18 11:30 Coffee & Snack 11:00 Diary Space 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	19 10:30 <i>Rewired</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Colouring Therapy 3:00 Open Activity	20 10:30 <i>Rewired</i> 10:30 LG/FG 10:45 Horse Play 11:00 Welcome 101 12:00 Wizard No Drop-in after 2:00pm	June activity sign-up available 21 22 12:00 Uno 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	23 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 1:00 Computer Basics- MS Excel Level 1 2:30 LG/FG	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
24 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	25 11:00 Themed Creations 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	Last day to submit activity sign-up 26 26 10:30 <i>Rewired</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Teach To Play 3:00 Open Activity	27 10:30 <i>Rewired</i> 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	28 12:00 Crowns 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	29 12:00 Crib 12:00 Noon Hour Game 1:00 Computer Basics- Intro to Cyber Security 2:30 LG/FG 3:00 Open Activity	Activity sign-up ready for pick-up 30 30 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Sit & Be Fit 3:00 Open Activity

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*



Mindfulness Program: May 2nd, 15th, 22nd & 30th 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.

Relaxation Group: May 3rd, 10th, 17th, 24th & 31st 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: May 4th at 11:00am & May 19th at 2:00pm

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

Tea Time: May 5th at 2:00pm

Join us for a relaxing Tuesday afternoon sipping tea and socializing with friends. A variety of different teas will be available to try and enjoy!

Coffee Talk: May 6th, 13th & 27th at 11:00am

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

Master Chocolat Tour: May 7th at 10:15am

Learn from Bernard Callebaut himself! This fun and unique experience includes creating your own chocolate bar, a factory tour and an engaging intro to the history of chocolate.

Tai Chi: May 7th & 21st 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.

Computer Basics:

Basics of Computer and Internet: May 8th

MS Word Level 1: May 15th

MS Excel Level 1: May 22nd

Intro to Cyber Security: May 29th at 1:00pm

These computer workshops are targeted to those who have little or no knowledge of computers. Learn how computers work and how to connect to the internet, how to create and edit simple documents, how to organize, format and calculate data, and how to keep your computer safe. Laptops will be provided.

Jukebox Bingo: May 9th at 1:00pm

A fun twist on traditional bingo where instead of numbers, you listen to popular songs and mark them off your card! Test your music knowledge and see if you can be the first to call out Bingo!

Soup-er Sunday!: May 10th & 24th 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.

Artistic Trading Cards: May 11th 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: May 12th 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.

Healing With Laughter: May 14th at 11:00am

Join us for a Laughter Yoga session—a simple yet powerful form of exercise combining deep breathing, gentle stretching and playful activities to stimulate laughter and cultivate an inner spirit of joy.

U-35: Games Galore: May 16th 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****

Diary Space: May 18th at 11:00am

Nature Notes invite participants to observe the natural world and document seasonal changes, unusual weather, or the life of a plant, tree, or insect. Writing can be simple observations or personal reflections, turning everyday moments in nature into thoughtful notes.

Horse Play: May 20th at 10:45am

Join us for a fun filled outing to meet some very special horses. Learn some basic horse etiquette while feeding, grooming and petting some horses.

Karaoke: May 23rd at 1:00pm

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

Themed Creations: May 25th at 11:00am

Join Janet in making your own jewelry inspired house plant! We will be using a pot, beads and some wire to create a beautiful plant that requires no watering!

Teach to Play: May 26th at 2:00pm

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!

Sit & Be Fit: May 30th at 1:00pm

Join us for a beginner full body seated exercise class using resistance bands and bodyweight exercises. Suitable for all skill levels.

PALS Program: May 31st 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.