




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>12:00 Noon Hour Game 12:00 Skip-bo 2:00 <b>Docu-zone</b> 3:00 Darts 3:00 Open Activity</p>	<p>2</p> <p>10:30 <i>Rewired</i> 12:00 Canasta 1:00 <b>U-35: Analog Coffee</b> 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</p>	<p>3</p> <p>10:30 <i>Rewired</i> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>4</p> <p>12:00 Quiddler 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>5</p> <p>11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity</p>	<p>6</p> <p>11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>Colouring Therapy</b> 3:00 Open Activity</p>
<p>7</p> <p>11:30 Coffee &amp; Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 <b>Soup-er Sunday!</b> 3:00 Texas Hold'em 3:00 Open Activity</p>	<p>8</p> <p>12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Talk &amp; Walk for Wellness</b> 3:00 Pool 3:00 Open Activity</p>	<p>9</p> <p>11:00 <b>Calgary Zoo</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</p>	<p>10</p> <p>10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>11</p> <p>11:00 <b>Healing with Laughter</b> 12:00 Qwirkle 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>12</p> <p>11:00 Sip &amp; Stitch 12:00 Crib 12:00 Noon Hour Game 2:00 <i>Hockey Pool Party</i> 2:30 LG/FG 3:00 Open Activity</p>	<p>13</p> <p>11:00 <b>Mindfulness</b> 11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>Team Trivia</b> 3:00 Open Activity</p>
<p>14</p> <p>11:30 Coffee &amp; Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity</p>	<p>15</p> <p>11:00 <b>Artistic Trading Cards</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p>16</p> <p>11:00 <b>Themed Creations</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</p>	<p>17</p> <p>10:30 LG/FG 10:45 <b>Horse Play</b> 11:00 <b>Coffee Talk</b> 11:00 Welcome 101 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>July activity sign-up available 18</p> <p>12:00 Uno 1:00 <b>Tai Chi</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>19</p> <p>12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity</p>	<p>20</p> <p>11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>Mindful Mandalas</b> 3:00 Open Activity</p>
<p>21</p> <p>11:30 Coffee &amp; Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 <b>Soup-er Sunday!</b> 3:00 Open Activity</p>	<p>22</p> <p>12:00 Noon Hour Game 12:00 Skip-bo 1:00 <b>Sit &amp; Be Fit</b> 3:00 Pool 3:00 Open Activity</p>	<p>Last day to submit activity sign-up 23</p> <p>11:00 <b>Iconic Figures</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</p>	<p>24</p> <p>10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard</p> <p>No Drop-in after 2:00pm</p>	<p>25</p> <p>11:00 <b>Moo's Ice Cream</b> 12:00 Crowns 3:00 Open Activity 4:00 <i>Hobby Crafts</i></p>	<p>26</p> <p>11:00 <b>Mindfulness</b> 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity</p>	<p>Activity sign-up ready for pick-up 27</p> <p>11:30 Coffee &amp; Snack 12:00 Crowns 1:00 <b>U-35: Games Galore</b> 3:00 Open Activity</p>
<p>28</p> <p>11:30 Coffee &amp; Snack 11:45 Wizard 12:30 <b>Relaxation Group</b> 1:00 Bingo 3:00 Open Activity</p>	<p>29</p> <p>11:00 <b>Colouring Therapy</b> 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity</p>	<p>30</p> <p>11:00 <b>65+ Senior Sippers</b> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity</p>	<div style="display: flex; align-items: center; justify-content: space-between;">  <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p><b>Important Dates for July Sign-up</b></p> <p>July calendar and activity sign-up available: Thurs. June 18<sup>th</sup></p> <p>Last day to submit activity sign-up: Tues. June 23<sup>rd</sup></p> <p>Activity sign-up ready for pick-up: Sat. June 27<sup>th</sup></p> <p>Last day to pick-up activity sign-up: Wed. July 1<sup>st</sup></p> </div>  </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.**

**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\*



### **Docu-zone: June 1<sup>st</sup> 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.

### **U-35: Analog Coffee: June 2<sup>nd</sup> at 1:00pm**

Connect over caffeine at Analog Coffee! Join fellow U-35s for a high-energy morning filled with artisanal brews, great vibes, and fresh conversations in a sleek local spot.

\*\*\*this activity is for clients age 35 years and under\*\*

### **Coffee Talk: June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> at 11:00am**

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

### **Tai Chi: June 4<sup>th</sup> & 18<sup>th</sup> 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: June 5<sup>th</sup>, 13<sup>th</sup> & 26<sup>th</sup> 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.

### **Colouring Therapy: June 6<sup>th</sup> at 1:00pm & June 29<sup>th</sup> at 11:00am**

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

### **Relaxation Group: June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> 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!: June 7<sup>th</sup> & 21<sup>st</sup> 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.

### **Talk & Walk for Wellness: June 8<sup>th</sup> at 1:00pm**

Join Janet in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

### **Calgary Zoo: June 9<sup>th</sup> at 11:00am**

Join us for an exploratory walk through the Calgary Zoo. Enjoy visiting a variety of different animals while socializing and soaking up some fresh air.

### **Healing With Laughter: June 11<sup>th</sup> 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.

### **Team Trivia: June 13<sup>th</sup> at 1:00pm**

Join us for a fun afternoon of trivia! Test your knowledge on a variety of topics and see which team comes out on top! Prizes to be won!

### **Artistic Trading Cards: June 15<sup>th</sup> 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.



### **Themed Creations: June 16<sup>th</sup> at 11:00am**

Join Janet in making a glass painting masterpiece! We will be using a picture frame, paint pens or permanent markers to create your own design.

### **Horse Play: June 17<sup>th</sup> 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.

### **Mindful Mandalas: June 20<sup>th</sup> at 1:00pm**

Mandala is the Sanskrit for 'circle' or 'completion.' When somebody creates a mandala it becomes a window for exploring one's inner self. Creating mandalas will help promote healing, focus attention and encourage mindfulness.

### **Sit & Be Fit: June 22<sup>nd</sup> 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.

### **Iconic Figures: June 23<sup>rd</sup> at 11:00am**

Take to the skies this June with Amelia Earhart. As a "Frontier Breaker," she shattered gender limits by flying solo across the Atlantic. A catalyst for aviation, Earhart founded the Ninety-Nines to empower female pilots.

### **Moo's Country Ice Cream: June 25<sup>th</sup> at 11:00am**

Moo's Country Ice Cream is a locally owned and operated ice cream shop since 1992. Choose from soft serve ice cream, screamers, floats, sundaes and more!

### **U-35: Games Galore: June 27<sup>th</sup> 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\*\*

### **65+ Senior Sippers: June 30<sup>th</sup> at 11:00am**

This seniors group focuses on conversation, forming new friendships and enjoying a warm beverage at a local coffee shop.