



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Important Dates for August Sign-up August calendar and activity sign-up available: Thurs. July 16th Last day to submit activity sign-up: Tues. July 21st Activity sign-up ready for pick-up: Sat. July 25th Last day to pick-up activity sign-up: Wed. July 29th</p>			Canada Day 10:30 LG/FG 11:30 Coffee & Snack 12:00 Wizard 3:00 Open Activity 	11:00 Limited Mobility: Calgary Zoo 12:00 Rummy-O 3:00 Open Activity	Parade Day: open @ 2pm 2:30 LG/FG 3:00 Open Activity	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
5	6	7	8	9	10	11
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Texas Hold'em 3:00 Open Activity	11:00 Creative Writing 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11:00 Neurographic Art 12:00 Canasta 3:00 Open Activity	10:30 LG/FG 2:00 Stampede Shindig No Drop-in after 2:00pm	11:00 Heritage Park 12:00 Eights 3:00 Open Activity	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 U-35: Games Galore 3:00 Open Activity
12	13	14	15	16	17	18
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	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 No Drop-in after 2:00pm	July activity sign-up available	11:00 Sip & Stitch 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 3:00 Open Activity
19	20	21	22	23	24	25
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	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	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	11:00 Village Ice Cream 12:00 Eights 3:00 Open Activity	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	Activity sign-up ready for pick-up
26	27	28	29	30	31	
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	11:00 Colouring Therapy 12:00 Canasta 3:00 Open Activity	8:30 William Watson Lodge 10:30 LG/FG 12:00 Wizard No Drop-in after 2:00pm	11:00 Taste of Calgary 12:00 Crowns 3:00 Open Activity	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 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.**

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

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.

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*



Limited Mobility: Calgary Zoo: July 2nd 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. We will be walking slow and taking lots of breaks.

Mindfulness Program: July 4th, 10th, 18th, 24th & 31st 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: July 4th at 1:00pm & July 28th 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: July 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.

Soup-er Sunday!: July 5th & 19th at 1:00pm

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.

Creative Writing: July 6th at 11:00am

Stories inspired by neighborhoods, street scenes, local landmarks, and everyday urban life. Explore the people, places, and moments that make a community unique.

Neurographic Art: July 7th at 11:00am

This meditative drawing method is designed to relieve stress and access the unconscious mind, it uses freeform lines and rounded corners to transform chaos into calming patterns.

Stampede Shindig: July 8th at 2:00pm

Wear your best western gear and join us for a good ol' fashion Stampede shindig! Carnival games, tasty food and prizes to be won!

Heritage Park: July 9th at 11:00am

With over 180 exhibits and 55,000 artifacts, there's something for everyone at Heritage Park! Join us as we explore the park and learn a bit of history along the way. Lunch will be provided.

U-35: Games Galore: July 11th 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**

Coffee Talk: July 15th & 22nd at 11:00am

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

Docu-zone: July 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.

Themed Creations: July 20th at 11:00am

Get creative and design your own unique tote bag! This fun hands-on activity lets you personalize a reusable tote with colors, patterns, and artistic touches perfect for the summer month!

Diary Space: July 21st at 11:00am

Take a moment to slow down and reflect. Diary Space invites you to explore this month's theme, City Chronicles, through writing. Capture interesting street scenes, unusual sights, neighborhood stories, or everyday moments that catch your attention.

Village Ice Cream: July 23rd at 11:00am

Join us for some carefully hand-craft ice cream made right here in Calgary, Alberta using only the very best ingredients.

Jukebox Bingo: July 25th 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!

Artistic Trading Cards: July 27th 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.

William Watson Lodge: July 29th at 8:30am

Join us for a day trip to the William Watson Lodge in beautiful Kananaskis country. Opportunity for relaxing in the mountains, activities of your choice, and board games. Snacks, and a full lunch will be provided.

Taste of Calgary: July 30th at 11:00am

Taste of Calgary is the city's most appetizing festival, giving visitors the chance to sample the city's food, beverages, music and other cool things. Clients will be given 10 sampling tickets to experience the delicious food!

