

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	31 11:00 Armchair Travel 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity		Important Dates for September Sign-up September calendar and activity sign-up available: Thurs. Aug. 20th Last day to submit activity sign-up: Tues. Aug. 25th Activity sign-up ready for pick-up: Sat. Aug. 29th Last day to pick-up activity sign-up: Wed. Sept. 2nd			1 11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
2 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	Heritage Day 3 11:00 Artistic Trading Cards 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	4 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	5 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	6 11:00 Diary Space 12:00 Eights 3:00 Open Activity	7 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	8 11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 Team Trivia 3:00 Open Activity
9 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	10 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	11 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Docu-zone 3:00 Open Activity No Drop-in after 2:00pm	12 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	13 11:00 Chocoberry Café 12:00 Uno 3:00 Open Activity	14 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity	15 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
16 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	17 11:00 Colouring Therapy 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	18 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	19 10:30 LG/FG 11:00 Pearce Estate Park 11:00 Welcome 101 12:00 Wizard No Drop-in after 2:00pm	Sept. activity sign-up available 20 11:00 Calgary Zoo 12:00 Eights 3:00 Open Activity	21 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	22 11:30 Coffee & Snack 12:00 Crowns 1:00 Neurographic Art 3:00 Open Activity
23 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	24 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 25 11:00 Made by Marcus 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	26 8:30 William Watson Lodge 10:30 LG/FG 12:00 Wizard No Drop-in after 2:00pm	27 11:00 Outdoor Splatter Paint 12:00 Crowns 3:00 Open Activity	28 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity	Activity sign-up ready for pick-up 29 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.**

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*



Colouring Therapy: Aug. 1st at 1:00pm & Aug. 17th 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: Aug. 2nd, 9th, 16th, 23rd & 30th 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!: Aug. 2nd, 16th & 30th 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: Aug. 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: Aug. 5th & 12th at 11:00am

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

Diary Space: Aug. 6th at 11:00am

Take a moment to reflect. This month's theme, Dialogue & Characters, invites you to create unique characters and capture their conversations through writing.



Mindfulness Program: Aug. 8th, 21st & 28th 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.

Team Trivia: Aug. 8th 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!

Docu-zone: Aug. 11th 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.

Chocoberry Café: Aug. 13th at 11:00am

Join us as we explore Chocoberry— a premium café brand serving all-day breakfast, specialty coffee, and indulgent desserts.

U-35: Games Galore: Aug. 15th 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**

Pearce Estate Park: Aug. 19th at 11:00am

Come and enjoy a relaxing day at Pearce Estate Park! Experience the beauty of the park, a delicious picnic and wonderful company. Clients will also be treated to a Guided Fish Feeding experience at the Bow Habitat Fish Hatchery.

Calgary Zoo: Aug. 20th 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.

Neurographic Art: Aug. 22nd at 1:00pm

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.

Themed Creations: Aug. 24th at 11:00am

Create a beautiful no-sew fabric art project using the Japanese technique of Kinusaiga. Relax, get creative and take home your own unique masterpiece!

Made by Marcus: Aug. 25th at 11:00am

Made by Marcus offers hand-made, small batch ice cream in a variety of neat flavours. Join us for socialization and a sweet treat!

William Watson Lodge: Aug. 26th 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.

Outdoor Splatter Paint: Aug. 27th at 11:00am

Splattering paint is a fast and fun way to create uniquely personalized art pieces, get creative by splashing, spraying and splattering. Old clothes is suggested as this is a fun yet messy process.

Sit & Be Fit: Aug. 29th 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.

Armchair Travel: Aug. 31st at 11:00am

Travel through Italy from the comfort of your chair. Explore famous landmarks, rich culture, delicious cuisine, and fascinating traditions through stories, photos, and discussion.

