

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		11:00 Artistic Trading Cards 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Quiddler 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 1:00 Basics of Computer & Internet 2:30 LG/FG 3:00 Open Activity	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
6	7 Labour Day	8	9	10	11	12
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	11:00 Colouring Therapy 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	11:00 Sit & Be Fit 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	11:00 Creative Writing 12:00 Dutch Blitz 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 1:00 MS Word Level 1 2:30 LG/FG 3:00 Open Activity	11:30 Coffee & Snack 12:00 Crowns 1:00 Jukebox Bingo 3:00 Open Activity
13	14	15	16	Oct. activity sign-up available 17	18	19
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	12:00 Noon Hour Game 12:00 Skip-bo 1:00 Job Interview Prep 3:00 Pool 3:00 Open Activity	11:00 Themed Creations 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	11:00 Avenida Food Hall 12:00 Uno: Flip 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 1:00 MS Word Level 2 2:30 LG/FG 3:00 Open Activity	11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
20	21	Last day to submit activity sign-up 22	23	24	25	Activity sign-up ready for pick-up 26
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 1:00 Job Search Skills 3:00 Darts 3:00 Open Activity	11:00 Social Dining Experience 12:00 Canasta 1:00 <i>Reach for Recovery</i> 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Crowns 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 1:00 Intro to Cyber Security 2:30 LG/FG 3:00 Open Activity	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
27	28	29	Last day to pick-up activity sign-up 30 Truth & Reconciliation Day	Important Dates for October Sign-up October calendar and activity sign-up available: Thurs. Sept. 17th Last day to submit activity sign-up: Tues. Sept. 22nd Activity sign-up ready for pick-up: Sat. Sept. 26th Last day to pick-up activity sign-up: Wed. Sept. 30th		
11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 2:00 PALS Program pt. 1 2:30 PALS Program pt. 2 3:00 Open Activity	12:00 Noon Hour Game 12:00 Skip-bo 1:00 Cover Letter Development 3:00 Pool 3:00 Open Activity	12:00 Canasta 2:00 Docu-zone 3:00 Open Activity	10:30 LG/FG 11:00 Truth and Reconciliation Activity 11:30 Coffee & Snack 12:00 Wizard 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*



Artistic Trading Cards: Sept. 1st 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: Sept. 2nd, 9th, 16th & 23rd at 11:00am

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

Tai Chi: Sept. 3rd & 17th 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: Sept. 4th

MS Word Level 1: Sept. 11th

MS Word Level 2: Sept. 18th

Intro to Cyber Security: Sept. 25th 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.

Karaoke: Sept. 5th at 1:00pm

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

Relaxation Group: Sept. 6th, 13th, 20th & 27th 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.

Creative Writing: Sept. 10th at 11:00am

Stories inspired by school, learning, mentorship, wisdom, mistakes, and the unknown. Explore curious minds, unexpected discoveries, hidden truths, and journeys that reveal meaningful lessons together.

Colouring Therapy: Sept. 11th at 11:00am & Sept. 19th at 1:00pm

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

Mindfulness Program: Sept. 11th & 26th 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.

Sit & Be Fit: Sept. 12th at 11:00am

Join us for a beginner full body seated exercise class using resistance bands and bodyweight exercises. Suitable for all skill levels, no experience necessary.

Jukebox Bingo: Sept. 12th 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!: Sept. 13th & 27th at 1:00pm

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.

Employment Workshops:

Job Interview Preparation: Sept. 14th

Job Search Skills & Networking: Sept. 21st

Cover Letter Development: Sept. 28th at 1:00pm

Build a strong foundation for your job search with workshops that help you present your best self to employers. These workshops will help you stand out and navigate your job search with clarity. Laptops will be provided.

Themed Creations: Sept. 15th at 11:00am

Create beautiful handmade paper flowers by using colorful paper and simple folding techniques. This craft is perfect to elevate your home décor or a thoughtful handmade gift.

Avenida Food Hall: Sept. 17th at 11:00am

Join us as we explore the Avenida Food Hall! With cuisine ranging from vegan Ethiopian all the way to Korean fusion tacos, you're sure to find something delicious!

Social Dining Experience: Sept. 22nd at 11:00am

Join us as we venture to Gruman's Deli! Discover the best Montreal Style Deli in Calgary. Enjoy classic sandwiches, bagels, and traditional Jewish home cooking.

U-35: Games Galore: Sept. 26th 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****

PALS Program: Sept. 27th 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.

Docu-zone: Sept. 29th at 2:00pm

Experience impactful documentaries with Elements. Explore real-world topics, discover diverse perspectives, spark meaningful conversations, and deepen understanding through stories that inform, challenge, connect, and inspire.

