

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Important Dates for November Sign-up November calendar and activity sign-up available: Thurs. Oct. 15th Last day to submit activity sign-up: Tues. Oct. 20th Activity sign-up ready for pick-up: Sat. Oct. 24th Last day to pick-up activity sign-up: Wed. Oct. 28th						
				1	2	3
				12:00 Quiddler 1:00 Tai Chi 3:00 Open Activity 4:00 Hobby Crafts	11:00 Sip & Stitch 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 Team Trivia 3:00 Open Activity
4	5	6	7	8	9	10
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 Masters vs Target Resumes 3:00 Darts 3:00 Open Activity	11:00 Themed Creations 12:00 Canasta 1:00 Reach for Recovery 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	11:00 Healing with Laughter 12:00 Dutch Blitz 3:00 Open Activity 4:00 Hobby Crafts	12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Open Activity	11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
11	12	13	14	Nov. activity sign-up available 15	16	17
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	Thanksgiving Day 11:00 Artistic Trading Cards 11:30 Coffee & Snack 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Pool 3:00 Open Activity	12:00 Canasta 1:00 Reach for Recovery 3:00 Open Activity	10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	12:00 Uno: Flip 1:00 Tai Chi 3:00 Open Activity 4:00 Hobby Crafts	12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Art Therapy pt. 1 3:00 Open Activity	11:00 Mindfulness 11:30 Coffee & Snack 12:00 Crowns 3:00 Open Activity
18	19	Last day to submit activity sign-up 20	21	22	23	Activity sign-up ready for pick-up 24
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	11:00 Colouring Therapy 12:00 Canasta 1:00 Reach for Recovery 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	12:00 Crowns 3:00 Open Activity 4:00 Hobby Crafts	11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 Art Therapy pt. 2 3:00 Open Activity	11:30 Coffee & Snack 12:00 Crowns 1:00 Colouring Therapy 3:00 Open Activity
25	26	27	Last day to pick-up activity sign-up 28	29	30	31
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 3:00 Pool 3:00 Open Activity	11:00 Ping Pong Tournament 12:00 Canasta 1:00 Reach for Recovery 3:00 Open Activity	10:30 LG/FG 2:00 Halloween Dance  No Drop-in after 2:00pm	12:00 Crowns 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 Hobby Crafts	12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Art Therapy pt. 3 3:00 Open Activity	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*



Tai Chi: Oct. 1st & 15th 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.

Team Trivia: Oct. 3rd 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!

Relaxation Group: Oct. 4th, 11th, 18th & 25th 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.

Employment Workshops:

Masters vs Target Resumes: Oct. 5th 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: Oct. 6th at 11:00am

Create a cozy fall decoration by turning fuzzy socks into adorable pumpkins! This fun and easy activity is perfect for adding a festive touch to your home

Coffee Talk: Oct. 7th, 14th & 21st at 11:00am

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

Healing With Laughter: Oct. 8th 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.

Karaoke: Oct. 10th at 1:00pm

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

Soup-er Sunday!: Oct. 11th & 25th 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: Oct. 12th 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.

Mindfulness Program: Oct. 17th, 23rd & 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: Oct. 20th at 11:00am & Oct. 24th at 1:00pm

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

PALS Program: Oct. 25th 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.

Ping Pong Tournament: Oct. 27th at 11:00am

Get your game face on for a chance to claim Elements Ping Pong Championship! Regardless of your skill level, join us for some Ping Pong— tournament style!

Halloween Dance: Oct. 28th at 2:00pm

Come down, dressed in your best Halloween costume, and dance! Win spot dance prizes, enjoy some delicious treats, and venture through our very own haunted house! Best Costume Prizes will be awarded!

Sit & Be Fit: Oct. 31st 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.

