

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Open Activity	2 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Job Interview Prep 3:00 Darts 3:00 Open Activity	3 11:30 <i>Music Therapy pt. 1</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Docu-zone 3:00 Open Activity	4 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	5 12:00 Crowns 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	6 11:00 Mindfulness 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 <i>Art Therapy pt. 4</i> 3:00 Open Activity	7 11:30 Coffee & Snack 12:00 Crowns 1:00 U-35: Games Galore 3:00 Open Activity
8 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	9 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Job Search Skills 3:00 Pool 3:00 Open Activity	10 11:30 <i>Music Therapy pt. 2</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Colouring Therapy 3:00 Open Activity	11 Remembrance Day 10:30 LG/FG 11:00 Coffee Talk 11:30 Coffee & Snack 12:00 Wizard 3:00 Open Activity	12 12:00 Quiddler 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	13 11:00 Sip & Stitch 12:00 Crib 12:00 Noon Hour Game 2:30 LG/FG 3:00 Open Activity	14 11:00 Colouring Therapy 11:30 Coffee & Snack 12:00 Crowns 1:00 Jukebox Bingo 3:00 Open Activity
15 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 3:00 Texas Hold'em 3:00 Open Activity	16 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Cover Letter Development 3:00 Darts 3:00 Open Activity	17 11:30 <i>Music Therapy pt. 3</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Scams & Fraud 3:00 Open Activity	18 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	19 Dec. activity sign-up available 11:00 Calgary Winter Market 12:00 Crowns 1:00 Tai Chi 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	20 12:00 Crib 12:00 Noon Hour Game 1:00 Bingo 2:30 LG/FG 3:00 <i>Art Therapy pt. 5</i> 3:00 Open Activity	21 11:30 Coffee & Snack 12:00 Crowns 1:00 Iconic Figures 3:00 Open Activity
22 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Soup-er Sunday! 3:00 Open Activity	23 12:00 Noon Hour Game 12:00 Skip-bo 1:00 Masters vs Target Resumes 3:00 Pool 3:00 Open Activity	24 Last day to submit activity sign-up 11:30 <i>Music Therapy pt. 4</i> 12:00 Canasta 1:00 <i>Reach for Recovery</i> 2:00 Themed Creations 3:00 Open Activity	25 10:30 LG/FG 11:00 Coffee Talk 12:00 Wizard No Drop-in after 2:00pm	26 11:00 Healing with Laughter 12:00 Uno 2:30 Bring Your Own Book Club 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	27 12:00 Crib 12:00 Noon Hour Game 1:00 Sit & Be Fit 2:30 LG/FG 3:00 <i>Art Therapy pt. 6</i> 3:00 Open Activity	28 Activity sign-up ready for pick-up 11:30 Coffee & Snack 12:00 Crowns 1:00 Karaoke 3:00 Open Activity
29 11:30 Coffee & Snack 11:45 Wizard 12:30 Relaxation Group 1:00 Bingo 2:00 PALS Program pt. 1 2:30 PALS Program pt. 2 3:00 Open Activity	30 11:00 Artistic Trading Cards 12:00 Noon Hour Game 12:00 Skip-bo 3:00 Darts 3:00 Open Activity	 Important Dates for December Sign-up December calendar and activity sign-up available: Thurs. Nov. 19th Last day to submit activity sign-up: Tues. Nov. 24th Activity sign-up ready for pick-up: Sat. Nov. 28th Last day to pick-up activity sign-up: Wed. Dec. 2nd 				

Support & Recreation Services

Hours of Operation- 10:00am- 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



Relaxation Group: Nov. 1st, 8th, 15th, 22nd & 29th at 12:30pm

Join us for an hour of restorative yoga. The techniques taught focus 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:

Job Interview Preparation: Nov. 2nd

Job Search Skills & Networking: Nov. 9th

Cover Letter Development: Nov. 16th

Masters vs Target Resumes: Nov. 23rd 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.

Docu-zone: Nov. 3rd 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.

Coffee Talk: Nov. 4th, 11th, 18th & 25th at 11:00am

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

Tai Chi: Nov. 5th & 19th 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 beginner's lesson.



Mindfulness Program: Nov. 6th 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.

U-35: Games Galore: Nov. 7th 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****

Soup-er Sunday!: Nov. 8th & 22nd 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.

Colouring Therapy: Nov. 10th at 2:00pm & Nov. 14th at 11:00am

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

Jukebox Bingo: Nov. 14th 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!

Scams & Fraud: Nov. 17th at 2:00pm

Learn how to spot, avoid, and report scams with the BBB. This session covers common tactics, the latest consumer and business scams, and practical tips to protect your personal and financial information.

Calgary Winter Market: Nov. 19th at 11:00am

Feast on specialty food and beverages, shop a curated selection of unique gifts; handmade and imported, and experience a host of holiday entertainment and activities at this European inspired holiday market.

Iconic Figures: Nov. 21st at 1:00pm

Celebrate Jane Goodall, whose groundbreaking research, compassion for wildlife, and dedication to conservation inspire curiosity, resilience, empathy, and a lifelong appreciation for nature together.

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

Join us for this hands-on activity that transforms ordinary paper lunch bags into eye-catching three-dimensional stars. These stars are a great way to decorate your space for the upcoming holidays!

Healing With Laughter: Nov. 26th 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.

Sit & Be Fit: Nov. 27th 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.

Karaoke: Nov. 28th at 1:00pm

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

PALS Program: Nov. 29th 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.

Artistic Trading Cards: Nov. 30th 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.

