



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 1:30 Colouring Therapy	31 10:30 LG/FG (appt. only) 1:30 Mindfulness		<b>Important Dates for August Sign-up</b> ***Sign-up is by <u>telephone only</u> *** Thursday, July 27 <sup>th</sup> from 10:30-3:30 Limited spots available			1
2 1:30 Drumming Circle	3 <b>Heritage Day</b>  1:30 Holiday Bingo	4 1:30 Reach for Recovery 2:00 Tech Tips	5 11:00 Coffee Talk	6 1:30 Picnic in the Park	7 11:00 Mindfulness 1:30 Bingo	8
9	10 11:00 Mindfulness 1:30 Themed Creations	11 11:00 Colouring Therapy 1:30 Reach for Recovery	12 11:00 U-35: Coffee Talk	13 11:00 U-35: Relaxation Group 1:30 Movie Classics	14 11:00 Mindfulness 1:30 Bingo	15
16	17 10:30 LG/FG (appt. only)	18 1:30 Reach for Recovery 2:00 Music Appreciation	19 10:30 LG/FG (appt. only) 11:00 Coffee Talk	20 11:00 Relaxation Group 1:30 <i>Book Club</i> 1:30 U-35: Picnic in the Park	21 10:30 LG/FG (appt. only) 11:00 Mindfulness 1:30 Bingo	22
23 1:30 Movie Sunday	24 <b>September Calendar</b> <b>*Sign-up Day*</b> <b>10:30-3:30</b>  10:30 LG/FG (appt. only) 1:30 Themed Creations	25 11:00 Colouring Therapy 1:30 Reach for Recovery	26 10:30 LG/FG (appt. only) 11:00 Coffee Talk	27 11:00 Yoga in the Park 1:30 Armchair Travel	28 10:30 LG/FG (appt. only) 11:00 U-35: Mindfulness 1:30 Bingo	29

## Support & Recreation Services

Hours of Operation - 10:00am to 4:00pm

\*including weekends and holidays\*

To ensure the health and safety of our clients and staff, certain protocols have been put in place including:

- There is currently NO DROP-IN programming available
- Upon arrival, all clients are required to be screened for COVID-19 symptoms, including a temperature check
- Disposable masks are required at all times and will be provided – no personal masks are permitted
  - There will be physical distancing and directional signage on-site
    - No food or drink is permitted

**\*\*\* Please be aware that you will NOT be \*\*\*  
allowed to participate in an activity if you are late.**

Looking Good, Feeling Good (LG/FG): A clothing program for Elements clients.

LG/FG runs Mondays, Wednesdays and Fridays by appointment only

*If you have questions, comments or concerns regarding recreation please contact Harrison, Karen, Misan or Taya*

## Activity Highlights: These Events Require Sign Up

\* Calendar Subject to Change\*



### Drumming Circle: Aug. 2<sup>nd</sup> at 1:30pm

Feel the power of connection and community through drumming. Drum for joy, fun and/or stress relief. Everyone is welcome. No drumming experience is needed.

### Bingo: Aug. 3<sup>rd</sup>, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup> at 1:30pm

Join us in the SRS for a few rounds of Bingo, with prizes to be won!

### Reach for Recovery: Aug. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> at 1:30pm

Recovery from addiction/substance abuse 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!

### Tech Tips: Aug. 4<sup>th</sup> at 2:00pm

Using Security Apps: Join Harrison as we look into security apps, the different types and how to effectively use them for our benefit.

### Coffee Talk: Aug. 5<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> at 11:00am

Come together in the SRS and engage in a group discussion in a casual and staff supported environment.

### Picnic in the Park: Aug. 6<sup>th</sup> at 1:30pm

Join us at a nearby park and share in a delicious picnic with great conversation.

### Mindfulness Program: Aug. 7<sup>th</sup>, 10<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 31<sup>st</sup> 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. A wonderful therapeutic technique that all can practice.

### Themed Creations: Aug. 10<sup>th</sup> & 24<sup>th</sup> at 1:30am

Join Karen as you create your own one of a kind wind chime! We will be using a variety of materials for crafting. Can be used indoors or outdoors, as you enjoy the harmonious tones of your creations.

### Colouring Therapy: Aug. 11<sup>th</sup> & 25<sup>th</sup> at 11:00am and Aug. 30<sup>th</sup> at 1:30pm

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

### Movie Classics: Aug. 13<sup>th</sup> at 1:30pm

Showing: Jurassic Park (1993)- John Hammond, an entrepreneur, opens a wildlife park containing cloned dinosaurs. However, a breakdown of the island's security system causes the creatures to escape and bring about chaos.

### Music Appreciation: Aug. 18<sup>th</sup> at 2:00pm

Join Harrison to explore the musical talent of an interesting person or band.

### Relaxation Group: Aug. 20<sup>th</sup> at 11:00am

Join us for an hour of various relaxation techniques by a certified yoga instructor. There will be a focus on breath work and modified chair poses. No experience necessary, just a willingness to try. Suitable for all skill levels.

### Movie Sunday: Aug. 23<sup>rd</sup> at 1:30pm

Showing: Jumanji- Welcome to the Jungle- when four students play with a magical video game, they are drawn to the jungle world of Jumanji, where they are trapped as their avatars. To return to the real world, they must finish the game.

### Yoga in the Park: Aug. 27<sup>th</sup> at 11:00am

Join us at Riley park for an hour of various relaxation techniques by a certified yoga instructor. Clients must bring their own yoga mat. No experience necessary, just a willingness to try.

### Armchair Travel: Aug. 27<sup>th</sup> at 1:30pm

Join Misan for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite and experience a taste of local cuisine. No passport required.

## U:35 Programming

### Coffee Talk: Aug. 12<sup>th</sup> at 11:00am

Come together in the SRS and engage in a group discussion in a casual and staff supported environment.

### Relaxation Group: Aug. 13<sup>th</sup> at 11:00am

Join us for an hour of various relaxation techniques by a certified yoga instructor. There will be a focus on breath work and modified chair poses. No experience necessary, just a willingness to try.

### Mindfulness Program: Aug. 28<sup>th</sup> 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. A wonderful therapeutic technique that all can practice.

### Picnic in the Park: Aug. 20<sup>th</sup> at 1:30pm

Join us at a nearby park and share in a delicious picnic with great conversation.

