
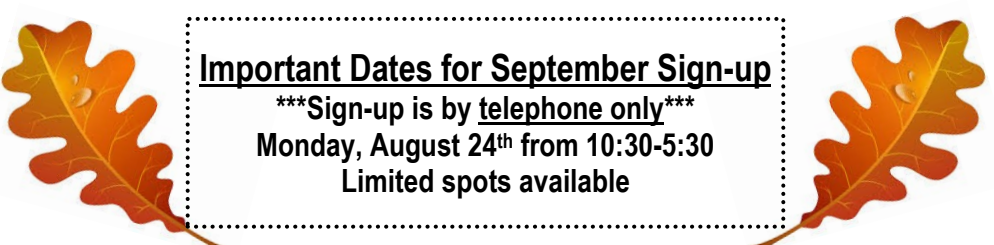


Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
		1	2	3	4	5
		11:00 Themed Creations 1:30 Reach for Recovery	11:00 Coffee Talk	11:00 Relaxation Group 1:00 U-35: Hexagon Café	1:30 Bingo 2:00 Art Therapy pt. 1	1:30 Karaoke
6	7	8	9	10	11	12
1:30 Drumming Circle	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Labour Day </div>	1:00 U-35: Social Dining Experience 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1	10:30 LG/FG (appt. only) 11:00 Coffee Talk	1:30 Music Appreciation 3:00 Book Club 4:00 Hobby Crafts Group 2	1:30 Bingo 2:00 Art Therapy pt. 2	
13	14	15	16	17	18	19
1:30 Colouring Therapy	1:30 Movie Monday	1:00 Social Dining Experience 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1	10:30 LG/FG (appt. only) 11:00 Coffee Talk	10:30 Rewired 4:00 Hobby Crafts Group 2	1:30 Bingo 2:00 Art Therapy pt. 3	1:30 Movie Classics
20	21	22	23	24	25	26
	1:30 Colouring Therapy	1:00 U-35 Rewired 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1	10:30 LG/FG (appt. only) 11:00 Coffee Talk	October Calendar *Sign-up Day*	11:00 Mindfulness 1:30 Bingo 2:00 Art Therapy pt. 4	
27	28	29	30	 <div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Important Dates for September Sign-up ***Sign-up is by telephone only*** Monday, August 24th from 10:30-5:30 Limited spots available</p> </div>		
1:30 Bingo	12:00 Bowling 1:30 Armchair Travel	11:00 Themed Creations 1:00 U-35 Rewired 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1	10:30 LG/FG (appt. only) 11:00 Coffee Talk			

Support & Recreation Services

Hours of Operation - 10:00am to 6:00pm

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.**

Rewired: This is a 10 week program focusing on how our thoughts, feelings and behaviours impact our relationships. We will incorporate basic Cognitive Behavioural Therapy principles as we learn the skills necessary to build strong and healthy interpersonal relationships.
This program is for individuals diagnosed with depression and anxiety only.

Looking Good, Feeling Good (LG/FG): A clothing program for Elements clients. LG/FG runs Wednesdays by appointment only

Hobby Crafts : Hobby Crafts is a group where members 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.
This is a sessional based activity and is NOT drop-in.

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*



Themed Creations: Sept. 1st & 29th at 11:00am

Join Karen as we collage your own landscape. We will be focusing on warm & cool colors. Creating your own masterpiece can be rewarding and fun!

Reach for Recovery: Sept. 1st, 8th, 15th, 22nd & 29th 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!

Coffee Talk: Sept. 2nd, 9th, 16th, 23rd & 30th at 11:00am

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

Relaxation Group: Sept 3rd 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.

Bingo: Sept. 4th, 7th, 11th, 18th, 25th & 27th at 1:30pm

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

Art Therapy: Sept. 4th, 11th, 18th, 25th and Oct. 2nd & 9th at 2:00pm

Art therapy is a form of therapy that combines the creative process of art making and the therapeutic alliance to build on self-expression and reflection of individuals' lived experiences. This Wellness Art Therapy Group will focus on processing life stresses, improve problem solving skills, enhance positive outlook, and promote balance in life. Katherine Valkanas, Art Therapist, will guide individuals through art therapy activities and facilitate group exploration that will work on wellness goals.

Participants must be able to attend all dates.

Karaoke: Sept. 5th at 1:30pm

Join us for a fun afternoon of Karaoke and snacks. This will be group singing only.

Drumming Circle: Sept. 6th 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.

Mindfulness Program: Sept. 7th & 25th 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.

Music Appreciation: Sept. 10th at 1:30pm

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

Colouring Therapy: Sept. 13th & 21st 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 Monday: Sept. 14th at 1:30pm

Showing: Man of Steel: Drifter Clark Kent must keep his powers hidden from the world, but when an evil general plans to destroy Earth, the Man of Steel springs into action

Social Dining Experience: Sept. 15th at 1:00pm

Join us for a short stroll to Kensington where we will enjoy some delicious sandwiches from PB and J YYC. This local eatery prepares warm, freshly ground peanut butter sandwiches like you've never had before!

Movie Classics: Sept. 19th at 1:30pm

Showing: Blue Streak: A jewel thief returns to his hiding place after a stint in jail only to find that his prize is buried under a newly constructed police station.

Bowling: Sept. 28th at 12:00pm

Join us in a non-competitive game of 5-pin bowling. We will take city transit to Chinook bowling alley. Must be able to lift 4lbs.

Armchair Travel: Sept. 28th 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

Hexagon Café: Sept. 3rd at 1:00pm

Join us for all your favourite board games and great conversation at Hexagon Board Game Café.

Social Dining Experience: Sept. 8th at 1:00pm

Join us for a short stroll to Kensington where we will enjoy some delicious sandwiches from PB and J YYC. This local eatery prepares warm, freshly ground peanut butter sandwiches like you've never had before!

