


Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<p>Important Dates for October Sign-up ***Sign-up is by telephone only*** Thursday, September 24th from 10:30-5:30 Limited spots available</p>		1	2	3
4	5	6	7	8	9	10	
10:30 Social Hour 12:00 Noon Hour Game 1:30 Bingo 3:00 Tech Time 4:00 Darts	10:30 Social Hour 11:00 Mindfulness 1:30 Armchair Travel 4:00 Darts 4:00 Social Hour	10:30 Social Hour 11:00 Themed Creations 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1 4:00 Tech Time	10:30 LG/FG (appt. only) 11:00 Coffee Talk 12:30 Social Hour	10:30 Social Hour 10:30 Rewired 11:00 Relaxation Group 4:00 Hobby Crafts Group 2 4:00 Tech Time	10:30 Social Hour 1:30 Bingo 2:00 Art Therapy pt. 6 4:00 Social Hour	10:30 Social Hour 11:00 Music Therapy 12:00 Noon Hour Game 1:30 Charades 3:00 Tech Time	
11	12	13	14	15	16	17	
10:30 Social Hour 11:00 Drumming Circle 12:00 Noon Hour Game 1:30 Bingo 3:00 Tech Time 4:00 Darts	<p>Thanksgiving Day</p> <p>10:30 Social Hour 11:00 Mindfulness 1:30 Thanksgiving Craft 4:00 Darts</p>	10:30 Social Hour 1:00 Music Appreciation 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1 4:00 Tech Time	10:30 LG/FG (appt. only) 11:00 Coffee Talk 12:30 Social Hour	10:30 Social Hour 10:30 Rewired 1:00 U-35: Contemporary Calgary 3:00 Book Club 4:00 Hobby Crafts Group 2 4:00 Tech Time	10:30 Social Hour 1:30 Bingo 2:00 Talk & Walk for Wellness 4:00 Social Hour	10:30 Social Hour 12:00 Noon Hour Game 1:30 Colouring Therapy 3:00 Tech Time	
18	19	20	21	22	23	24	
10:30 Social Hour 12:00 Noon Hour Game 1:30 Bingo 3:00 Tech Time 4:00 Darts	10:30 Social Hour 11:00 Mindfulness 12:00 U-35: Bowling 4:00 Darts 4:00 Social Hour	10:30 Social Hour 1:00 Social Dining Experience 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1 4:00 Tech Time	10:30 LG/FG (appt. only) 11:00 Coffee Talk 12:30 Social Hour	10:30 Social Hour 10:30 Rewired 11:00 Relaxation Group 4:00 Hobby Crafts Group 2 4:00 Tech Time	<p>November Calendar</p> <p>*Sign-up Day*</p> <p>10:30 Social Hour 11:00 Mindfulness 1:30 Bingo 4:00 Social Hour</p>	10:30 Social Hour 12:00 Noon Hour Game 1:30 Pictionary 3:00 Tech Time	
25	26	27	28	29	30	31	
10:30 Social Hour 12:00 Noon Hour Game 1:30 Bingo 3:00 Tech Time 4:00 Darts	10:30 Social Hour 11:00 Mindfulness 12:00 Bowling 1:30 Colouring Therapy 4:00 Darts 4:00 Social Hour	10:30 Social Hour 11:00 Themed Creations 1:30 Reach for Recovery 4:00 Hobby Crafts Group 1 4:00 Tech Time	<p>Elements Festival of Frights</p>			11:00 Mindfulness 1:30 Bingo 3:30 Activity Rotation #5	10:30 Social Hour 12:00 Noon Hour Game 1:30 Movie Classics 4:00 Halloween Craft
<p>10:30 LG/FG (appt. only) 1:00 Activity Rotation #1 3:30 Activity Rotation #2</p>				<p>10:30 Rewired 1:00 Activity Rotation #3 3:30 Activity Rotation #4</p>			

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 is a sessional based activity and is NOT drop-in.

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.

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

Social Hour: If you've missed being in the company of friends, why not come down to Elements for an hour of social interaction! Individual word games and puzzles will be provided as well as a snack bag to-go. Sign-up is required.

Tech Time: Have you missed being able to use free Wifi at your local coffee shop? Elements Wifi is still free and available for client use. Bring your devices and enjoy a maximum of two hours of uninterrupted Wifi service. To-go snack bags will be given out. Sign-up is required.

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

Activity Highlights: These Events Require Sign Up



* Calendar Subject to Change*

Relaxation Group: Oct. 1st, 8th & 22nd 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.

Mindfulness Program: Oct. 2nd, 5th, 12th, 19th, 23rd, 26th & 30th 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.

Bingo: Oct. 2nd, 4th, 9th, 11th, 16th, 18th, 23rd, 25th & 30th at 1:30pm

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

Noon Hour Game: Oct. 3rd, 4th, 10th, 11th, 17th, 18th, 24th, 25th, & 31st at 12:00pm

Join us for a fun and engaging game to carry you through the lunch hour. Prizes to be won and snack bags to-go!

Name that Tune: Oct. 3rd at 1:30pm

Put your music knowledge to the test, with name that tune! Prizes to be won and snack bags to-go!

Darts: Oct. 4th, 5th, 11th, 12th, 18th, 19th, 25th & 26th at 4:00pm

Join us for a few rounds of 301 darts! Prizes to be won and snack bags to-go!

Armchair Travel: Oct. 5th at 1:30pm

Join Misan for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite. No passport required.

Themed Creations: Oct. 6th & 27th at 11:00am

Join Karen as you create your own masterpiece using watercolor paints. The blending of colors is magical!

Reach for Recovery: Oct. 6th, 13th, 20th & 27th 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. 7th, 14th & 21st at 11:00am

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

Music Therapy: Oct. 10th at 11:00am

Connect...Experience...Build Relationships...Enjoy Music. Come and explore improvisation and lyric analysis while learning more about using music for well-being and relaxation.

No prior music experience is required.

Charades: Oct 10th at 1:30pm

Test out your acting skills with a few rounds of charades! Prizes to be won and snack bags to-go!

Drumming Circle: Oct. 11th at 11:00am

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

Thanksgiving Craft: Oct. 12th at 1:30pm

Let's give thanks! Create beautiful gratitude jars to be filled with everything we are grateful for.

Music Appreciation: Oct. 13th at 1:00pm

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

Talk & Walk for Wellness: Oct. 16th at 2:00pm

Join Alysia in this informative group that combines health tips and a leisurely walking program.

Colouring Therapy: Oct. 17th & 26th at 1:30pm

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

Social Dining Experience: Oct. 20th at 1:00pm

Join us for a short stroll to Kensington where we will socialize and enjoy some delicious food from Mat's Diner.

Pictionary: Oct. 24th at 1:30pm

Come enjoy a creative and entertaining game of Pictionary! Prizes to be won and snack bags to-go!

Bowling: Oct. 26th at 12:00pm

Join us in a non-competitive game of 5-pin bowling at Chinook Bowladrome. Must be able to lift 4lbs. .

Movie Classics: Oct. 31st at 1:30pm

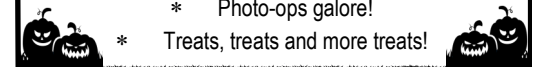
Showing: Addam's Family: When an evil doctor learns about an eccentric family's missing relative, she hires an imposter to masquerade as him so that she can loot the family.

Elements Festival of Frights!

October 28th-31st

Get into the spirit of Halloween with our spooky activity rotations! Each rotation will include;

- * Decorating your own personal pumpkin
- * Navigating through a haunted house
 - * Ghostly games!
- * Creating your own Halloween mask
 - * Photo-ops galore!
- * Treats, treats and more treats!



U:35 Programming

Bowling: Oct. 19th at 12:00pm

Join us in a non-competitive game of 5-pin bowling at Chinook Bowladrome. Must be able to lift 4lbs.

Contemporary Calgary: Oct. 15th at 1:00pm

Explore the works of Yoko Ono and other outstanding local, national and international contemporary artists at Calgary's newest art gallery.

