






Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <p>Important Dates for April Sign-up ***Sign-up is by telephone only*** Tuesday, March 23rd from 10:30-5:30 Limited spots available</p> </div> 						
4	5	6	7	8	9	10
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">Easter Sunday</div> <p>12:00 Noon Hour Game</p> 	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">Easter Monday</div> <p>11:00 Mindfulness</p> 	<p>11:00 Artistic Trading Cards 2:00 Coping with COVID: pt. 5 4:00 Hobby Crafts Group 1</p>	<p>10:30 LG/FG (appt. only) 11:00 Coffee Talk</p>	<p>12:00 Through Your Lens pt. 1 4:00 Hobby Crafts Group 1</p>	<p>11:00 Mindfulness</p>	<p>11:00 Relaxation Group 12:00 Noon Hour Game</p>
11	12	13	14	15	16	17
<p>11:00 Artistic Trading Cards 12:00 Noon Hour Game</p>	<p>11:00 Mindfulness 2:00 Outdoor Drumming Circle</p>	<p>11:00 Themed Creations 1:00 Reach for Recovery 4:00 Hobby Crafts Group 1</p>	<p>10:30 LG/FG (appt. only) 11:00 Coffee Talk</p>	<p>11:00 Relaxation Group 1:30 U-35: PB & J YYC 4:00 Hobby Crafts Group 2</p>	<p>11:00 Mindfulness 12:00 Farmers' Market</p>	<p>12:00 Noon Hour Game</p>
18	19	20	21	22	23	24
<p>12:00 Noon Hour Game</p>	<p>11:00 Regal Cat Café 2:00 Artistic Trading Cards</p>	<p>11:00 Themed Creations 1:00 Reach for Recovery 4:00 Book Club 4:00 Hobby Crafts Group 1</p>	<p>10:30 LG/FG (appt. only) 11:00 Coffee Talk</p>	<p>11:00 Relaxation Group 12:00 Through Your Lens pt. 2 4:00 Hobby Crafts Group 2</p>	<p>1:00 Talk & Walk for Wellness</p>	<p>11:00 Mindfulness 12:00 Noon Hour Game</p>
25	26	27	28	29	30	
<p>11:00 Mindfulness 12:00 Noon Hour Game</p>	<p>11:00 Colouring Therapy 2:00 Armchair Travel</p>	<p>11:00 Themed Creations 1:00 Reach for Recovery 4:00 Hobby Crafts Group 1</p>	<p>10:30 LG/FG (appt. only) 11:00 Coffee Talk</p>	<p>4:00 Hobby Crafts Group 2</p>	<p>11:00 U-35: Horse Play 11:00 Mindfulness</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.**

Looking Good, Feeling Good (LG/FG):

A clothing program for Elements clients.
LG/FG runs Wednesdays by appointment only

Reach for Recovery:

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! 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
Karen, Kazeem or Taya**

Activity Highlights: These Events Require Sign Up



* Calendar Subject to Change*

Colouring Therapy: Apr. 1st, 10th & 16th

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

Bunny Candy Jar: Apr. 2nd at 11:00am

Come down for some Easter decorating fun! We will decorate jars with pastel colours and embellish with Easter bunnies. Your jars will be filled with chocolate delights!

Relaxation Group: Apr. 3rd, 15th & 22nd

Join us for an hour of restorative yoga. The relaxation techniques taught focuses on the importance of the breath. All poses are modified to be completed using a chair. This class is taught by a certified yoga instructor. No experience necessary, just a willingness to try. Suitable for all skill levels.

Mindfulness Program:

Apr. 5th, 9th, 12th, 16th, 24th, 25th & 30th

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.

Artistic Trading Cards: Apr. 6th & 19th

Come explore and create Artist Trading Cards. Combining ink, stamps, pencil crayons, hockey sized cardstock with your imagination, we will make small cards to be kept, traded or gifted. Collecting and creating these cards helps to develop concentration as well as organizational and social skills. Trading your creations is a great way to develop camaraderie, and work on your negotiation skills.

Coffee Talk: Apr. 7th, 14th, 21st & 28th at 11:00am

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

Through Your Lens pt. 1 & 2: Apr. 8th & 22nd at 12:00pm

Through Your Lens is about telling interesting stories through images. Join Kazeem as you explore different experiences within the community using photography. Create your own personal photo story!
No photography experience necessary.

Outdoor Drumming Circle: Apr. 12th at 2:00pm

Join Karen for an outdoor drumming circle! Drumming circles have been known to reduce tension and stress, boost the immune system and create a sense of community. Walk to a nearby park, participate in a guided meditation and join in the rhythm of the drums. Please dress appropriately for the weather.

Themed Creations: Apr. 13th, 20th & 27th at 11:00am

Come try something new and explore felting! Felting uses wool, that has been dyed vibrant colors. We will be creating a theme based picture, while discussing topics of wellness and belonging.



Regal Cat Café : Apr. 19th at 12:00pm

Join us and up to a dozen furry felines at Regal Cat Café. We will walk to Kensington, and enjoy 45 minutes petting friendly cats all sponsored by the MEOW foundation.

Farmers' Market: Apr. 23rd at 12:00pm

We will take transit to Aveneda and explore the market! Lunch will be provided onsite. Please dress for the weather.

Armchair Travel: Apr. 26th at 2:00pm

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

Talk & Walk for Wellness: Apr. 29th at 1:00pm

Join Alysia in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

U:35 Programming

Horse Play: Apr. 29th at 11:00am

Join us for a fun filled outing to meet some very special horses. Learn some basic horse etiquette while feeding, grooming and petting some horses. Lunch will be provided. Must wear proper footwear and clothing.

PB & J YYC: Apr. 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.