



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 11:00 Themed Creations	31 11:00 Colouring Therapy	 <p><b>Important Dates for May Sign-up</b>            ***Sign-up is by telephone only***            Monday, April 26<sup>th</sup> from 10:30-5:30            Limited spots available</p>				1
2	3 11:00 Coffee Cruisers 11:00 Mindfulness	4 12:00 U-35: Amato Gelato 1:00 Reach for Recovery	5 10:30 LG/FG (appt. only)	6 2:00 Mindful Mandalas	7 11:00 Mindfulness 2:00 Art Therapy pt. 1	8 11:00 Colouring Therapy
9 11:00 Mindful Mandalas	10 11:00 Mindfulness	11 12:30 Limited Mobility: Picnic in the Park 1:00 Reach for Recovery	12 10:30 LG/FG (appt. only)	13 2:00 Through Your Lens pt. 1	14 2:00 Art Therapy pt. 2	15 11:00 A Purposeful Plan
16 11:00 Mindfulness	17 11:00 Coffee Cruisers 1:00 Talk & Walk for Wellness	18 11:00 Themed Creations 1:00 Reach for Recovery 4:00 Book Club	19 10:30 LG/FG (appt. only)	20 11:00 Relaxation Group 2:00 Through Your Lens pt. 2	21 11:00 Mindfulness 2:00 Art Therapy pt. 3	22
23	24 <b>Victoria Day</b>	25 11:00 Colouring Therapy 1:00 Reach for Recovery	26 10:30 LG/FG (appt. only)	27 11:00 Relaxation Group 12:30 Farmer's Market	28 2:00 Art Therapy pt. 4	29 11:00 A Purposeful Plan

## 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.**

**\*\*\* If you are unable to attend an activity, please call \*\*\*  
at least 3 days in advance to cancel**

### **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

*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\*



### **Coffee Cruisers: May 3<sup>rd</sup> & 17<sup>th</sup> at 11:00am**

A leisurely walk for coffee and conversation at a nearby café. Due to COVID restrictions, we will be sitting outside, please dress appropriately for the weather and be prepared for a short walk.

### **Mindfulness Program:**

**May 3<sup>rd</sup>, 7<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup> & 21<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.

### **U-35: Amato Gelato: May 4<sup>th</sup> at 12:00pm**

May is here and it's time for us to get out and enjoy the spring weather! Walk to Kensington and enjoy some delicious Gelato!

### **Mindful Mandalas: May 6<sup>th</sup> at 2:00pm & May 9<sup>th</sup> at 11:00am**

Mandala is the Sanskrit for 'circle' or 'completion.' When somebody creates a mandala it becomes a window for exploring one's inner self. Creating mandalas will help promote healing, focus attention and encourage mindfulness.

### **Art Therapy: May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> and June 4<sup>th</sup> & 11<sup>th</sup> 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. Heidi Pedersen, 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.\*\*\***

### **Colouring Therapy: May 8<sup>th</sup>, 25<sup>th</sup> & 31<sup>st</sup> at 11:00am**

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

### **Limited Mobility: Picnic in the Park: May 11<sup>th</sup> at 12:30pm**

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

### **Through Your Lens pt. 1 & 2: May 13<sup>th</sup> & 20<sup>th</sup> at 2:00pm**

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!

### **A Purposeful Plan: May 15<sup>th</sup> & 29<sup>th</sup> at 11:00am**

Planning can help guide us onto an intentional path towards achieving our goals. Using vision boards, join Kazeem as you learn and explore the many ways visualizing can help develop focus and motivation.

### **Talk & Walk for Wellness: May 17<sup>th</sup> at 1:00pm**

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

### **Themed Creations: May 18<sup>th</sup> & 30<sup>th</sup> at 11:00am**

Come welcome spring by getting into the growing season. Join Karen as you paint your own terracotta pot and transplant a live plant into it! Basic plant care will be discussed.

### **Relaxation Group: May 20<sup>th</sup> & 27<sup>th</sup> at 11:00am**

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.

### **Farmers' Market: May 27<sup>th</sup> at 12:00pm**

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

