




# SUPPORT & RECREATION SERVICES November 2021

1035 – 7 Ave S.W. Calgary Alberta T2P3E9 Ph: (403) 266-8711 Web Site: elementscmh.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> 10:30 Social Time 11:00 Artistic Trading Cards 2:30 Social Time 3:00 Darts	<b>2</b> 10:30 Social Time 11:00 Through Your Lens pt. 1 1:00 Reach for Recovery 2:30 Social Time 4:00 Hobby Crafts Group #1	<b>3</b> 10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk	<b>4</b> 10:30 Social Time 10:30 U-35: Rewired 2:30 Social Time 4:00 Hobby Crafts Group #2	<b>5</b> 10:30 Social Time 1:00 Bingo 2:00 Art Therapy pt. 1 2:30 Social Time	<b>6</b> 11:00 Colouring Therapy 2:30 Social Time	
<b>7</b> 11:00 Mindfulness 1:00 Bingo 2:30 Social Time	<b>8</b> 10:30 Social Time 1:00 Talk & Walk for Wellness 2:30 Social Time 3:00 Pool	<b>9</b> 10:30 Social Time 1:00 Reach for Recovery 2:30 Social Time 4:00 Hobby Crafts Group #1	<b>10</b> 10:30 Social Time 10:30 U-35: Rewired 10:30 LG/FG (appt. only) 11:00 Coffee Talk	<b>11</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Remembrance Day</div> 10:30 Social Time 11:00 Purposeful Plan 2:30 Social Time 	<b>12</b> 10:30 Social Time 1:00 Bingo 2:00 Art Therapy pt. 2 2:30 Social Time	<b>13</b> 11:00 One Page Profile 2:30 Social Time	
<b>14</b> 11:00 Movie Classics 1:00 Bingo 2:30 Social Time	<b>15</b> 10:30 Social Time 11:00 Colouring Therapy 2:30 Social Time 3:00 Darts	<b>16</b> 10:30 Social Time 1:00 Reach for Recovery 1:00 Let's Talk About Health 2:30 Social Time 4:00 Hobby Crafts Group #1	<b>17</b> 10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk 12:00 High Tea	<b>18</b> 10:30 Social Time 10:30 U-35: Rewired 11:00 Relaxation Group 2:30 Social Time 3:00 Book Club 4:00 Hobby Crafts Group #2	<b>19</b> 10:30 Social Time 11:00 Mindfulness 1:00 Bingo 2:00 Art Therapy pt. 3 2:30 Social Time	<b>20</b> 11:00 Mindful Mandalas 2:30 Social Time	
<b>21</b> 11:00 Artistic Trading Cards 1:00 Bingo 2:30 Social Time	<b>22</b> 10:30 Social Time 11:30 U-35: Military Museum 2:30 Social Time 3:00 Pool	<b>23</b> Dec. calendar available @ 10:30	<b>24</b> 10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk	<b>25</b> 10:30 Social Time 10:30 U-35: Rewired 11:00 Relaxation Group 2:30 Social Time 4:00 Hobby Crafts Group #2	<b>26</b> 10:30 Social Time 1:00 Bingo 2:00 Art Therapy pt. 4 2:30 Social Time	<b>27</b> 11:00 Themed Creations 2:30 Social Time	
<b>28</b> 11:00 Drumming Circle 1:00 Bingo 2:30 Social Time	<b>29</b> 10:30 Social Time 11:00 Tech Help 2:30 Social Time 3:00 Darts	<b>30</b> 10:30 Social Time 11:00 Themed Creations 1:00 Reach for Recovery 2:30 Social Time 4:00 Hobby Crafts Group #1	 <div style="border: 1px dashed black; padding: 10px; display: inline-block;"> <p><b>Important Dates for November Sign-up</b>            ***Sign-up is by telephone only***            Thursday, October 21<sup>st</sup> from 10:30-5:30            Limited spots available</p> </div>				<p><b>SEE BACK FOR DETAILS</b></p> <p>→</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:

- Proof of vaccination is required to attend all activities
- 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
- Drinks are permitted throughout the Centre. Food is permitted at designated tables 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.**

**U-35: 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 under the age of 35 only.**

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

**Social Time:** If you've missed being in the company of friends and free Wifi, why not come down to Elements for three hours of unstructured social interaction and leisure time! TV and radio booking is available and clients can also bring their own personal card games to play, some restrictions apply. **Sign-up is required.**

**Bingo:** Join us in the SRS for a few rounds of Bingo, with prizes to be won! Runs Fridays and Sundays at 1:00pm. **Sign-up is required.**

*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\*



## **Artistic Trading Cards: Nov. 1st and 21st at 11:00am**

Come explore and create Artist Trading Cards. Combining ink, stamps, pencil crayons, and hockey sized cardstock with your imagination, we will make small cards to be kept, traded or gifted.

## **Darts: Nov. 1st, 15th & 29th at 3:00pm**

Join us for a few rounds of 301 darts! Socialize and engage in some friendly competition. Prizes to be won!

## **Through Your Lens pt. 1 & 2: Nov. 2nd & 23rd at 11:00am**

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!

## **Coffee Talk: Nov. 3rd, 10th, 17th & 24th at 11:00am**

Come together in the SRS and engage in a group discussion in a casual and staff supported environment. Coffee will be provided.

## **Colouring Therapy: Nov. 6th & 15th at 11:00am**

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

## **Mindfulness Program: Nov. 7th & 19th 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.

## **Talk & Walk for Wellness: Nov. 8th at 1:00pm**

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

## **Pool: Oct. 8th & 22nd at 3:00pm**

Join us for a few rounds of 9 ball, tournament style! Fun to be had and prizes to be won!

## **A Purposeful Plan: Nov. 11th 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.

## **One Page Profile: Nov. 13th at 11:00am**

One page profile is a personalization tool used to get to know people on their level. Gain a better sense of who you are, what is important to you, and how you would like people to support you.

## **Movie Classics: Nov. 14th at 11:00am**

Showing: Top Gun (1986): Tom Cruise plays a hot shot pilot who struggles to balance life, responsibility and a love affair while competing at the Navy's fighter-weapons school. Starring Tom Cruise, Kelly McGillis and Val Kilmer.

## **Let's Talk About Health: Nov. 16th at 1:00pm**

Let's Talk about Health Workshop will focus on helping to reduce your risk of diabetes, obesity, cardiovascular disease, and some cancers. In this workshop, the presenter will discuss healthy foods choices and foods you should limit or avoid if you are at risk of developing or are living with any of these diseases. You will learn strategies to reduce stress and improve your overall health.

## **High Tea: Nov. 17th at 12:00pm**

Join REC as we make our way to an offsite location for High Tea. We will be enjoying delicious sandwiches, treats, and unlimited teas! If you are a tea lover, this one is for you!

## **Relaxation Group: Nov. 18th & 25th 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.

## **Mindful Mandalas: Nov. 20th 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.

## **U-35: Military Museum: Nov. 22nd at 11:30am**

In honour of Remembrance Day, U-35 members are invited to come along on a trip to the Calgary Military Museum to learn about the heroic work of our veterans. Remembrance Day serves as an opportunity to reflect on their sacrifices and honour their legacy.

## **Themed Creations: Nov. 27th & 30th at 11:00am**

Its aromatherapy time again! Join Karen as you blend your own Christmas Cookie Scrub! It will smell good enough to eat! Great for gifts.

## **Drumming Circle: Nov. 28th 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 is needed.

