




| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|---|--|
|  <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Important Dates for December Sign-up ***Sign-up is by <u>telephone only</u>*** Thursday, November 23rd from 10:30-5:30 Limited spots available</p> </div> | | | 1 10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk 12:00 Christmas Countdown | 2 10:30 Social Time 10:30 Rewired 11:00 Relaxation Group 2:30 Social Time 3:00 Christmas Countdown 4:00 Hobby Crafts Group #2 | 3 10:30 Social Time 11:00 Mindfulness 11:00 Christmas Market 1:00 Bingo 2:00 Art Therapy pt. 5 2:30 Social Time 3:00 Christmas Countdown | 4 10:30 Social Time 11:00 Name That Tune 2:30 Social Time 3:00 Christmas Countdown |
| 5 10:30 Social Time 1:00 Bingo 2:30 Social Time 3:00 Christmas Countdown | 6 10:30 Social Time 11:00 Themed Creations 2:30 Social Time 3:00 Pool 3:00 Christmas Countdown | 7 10:30 Social Time 11:15 Lunchbox Theatre 1:00 Reach for Recovery 2:30 Social Time 3:00 Christmas Countdown 4:00 Hobby Crafts Group #1 | 8 10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk 12:00 Christmas Countdown 5:00 U-35: Zoo Lights | 9 10:30 Social Time 10:30 Rewired 11:00 Relaxation Group 2:30 Social Time 3:00 Christmas Countdown 4:00 Hobby Crafts Group #2 | 10 10:30 Social Time 11:00 Mindfulness 1:00 Bingo 2:00 Art Therapy pt. 6 2:30 Social Time 3:00 Christmas Countdown | 11 10:30 Social Time 11:00 Colouring Therapy 2:30 Social Time 3:00 Christmas Countdown |
| 12 10:30 Social Time 11:00 Artistic Trading Cards 1:00 Bingo 2:30 Social Time 3:00 Christmas Countdown | 13 10:30 Social Time 11:00 The Chocolate Lab 1:00 Talk & Walk for Wellness 2:30 Social Time 3:00 Darts 3:00 Christmas Countdown | 14 10:30 Social Time 1:00 Reach for Recovery 2:30 Social Time 3:00 Christmas Countdown | 15 <div style="border: 1px solid black; padding: 5px; text-align: center;">Christmas Party</div> 11:30 Seating #1 2:30 Seating #2  | 16 10:30 Social Time 10:30 Rewired 2:30 Social Time 3:00 Christmas Countdown 3:00 Book Club 4:00 Hobby Crafts Group #2 5:00 Zoo Lights | 17 10:30 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Christmas Carol Karaoke 3:00 Christmas Countdown | 18 10:30 Social Time 11:00 One Page Profile 2:30 Social Time 3:00 Christmas Countdown |
| 19 10:30 Social Time 11:00 Christmas Movie #1 1:00 Bingo 2:30 Social Time 3:00 Christmas Countdown | 20 10:30 Social Time 11:00 Artistic Trading Cards 2:30 Social Time 3:00 Pool 3:00 Christmas Countdown | 21 Jan. calendar available @ 10:30 10:30 Social Time 11:00 Purposeful Plan 1:00 Reach for Recovery 2:30 Social Time 3:00 Christmas Countdown 4:00 Hobby Crafts Group #1 | 22 10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk 12:00 Christmas Countdown | 23 10:30 Social Time 10:30 Rewired 11:00 Coffee Cruisers 2:30 Social Time 3:00 Christmas Countdown 4:00 Hobby Crafts Group #2 | 24 <div style="border: 1px solid black; padding: 5px; text-align: center;">Christmas Eve</div> 10:30 Social Time 12:00 Christmas Movie #2 2:30 Social Time 3:00 Christmas Countdown | 25 <div style="border: 1px solid black; padding: 5px; text-align: center;">Christmas Day</div> Agency Closed |
| 26 <div style="border: 1px solid black; padding: 5px; text-align: center;">Boxing Day Bingo</div> 11:00 Seating #1 2:00 Seating #2 | 27 10:30 Social Time 11:00 Mindfulness 2:30 Social Time 3:00 Darts | 28 10:30 Social Time 11:00 Themed Creations 1:00 Reach for Recovery 2:30 Social Time | 29 10:30 Social Time 11:00 Coffee Talk 2:30 Social Time | 30 10:30 Social Time 11:00 Colouring Therapy 2:30 Social Time | 31 10:30 Social Time 11:00 Mindfulness 2:30 Social Time | SEE BACK FOR DETAILS →  |

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
- 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.**

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.**

Christmas Countdown: Join us every day in December at 3:00pm as we count down the days until Christmas! Each day, staff will open a surprise Christmas bag with either an activity or prize inside! Come down and share in the Christmas spirit! Activities and prizes will vary.

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 Talk: Dec. 1st, 8th, 22nd & 29th 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.

Relaxation Group: Dec. 2nd & 9th 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.

Mindfulness Program: Dec. 3rd, 10th, 17th, 27th & 31st 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.

Christmas Market: Dec. 3rd at 11:00am
Explore Spruce Meadows International Christmas Market with more than 190 different vendors! Discover exquisite gifts and treats to gift or to keep.

Name That Tune: Dec. 4th at 11:00am
Put your music knowledge to the test, with name that tune! Prizes to be won!

Themed Creations: Dec. 6th & 28th at 11:00am
Come on down for some festive fun! Using cardstock and other materials we will be making a collaborative Christmas art project that will be displayed in the center.

Pool: Dec. 6th & 20th at 3:00pm
Join us for a few rounds of 9 ball, tournament style! Fun to be had and prizes to be won!

Lunchbox Theatre: Dec. 7th at 11:15am
Enjoy a theatre production of "All I Want for Christmas." Ginger is the only elf in North Pole history to have been fired from every job she's tried. When Santa's Mailroom needs a last-minute replacement, Ginger's sibling pulls some strings to get her the new position. When a very unexpected "outsider" breaches the scene, Ginger has to deal with more than one elf can handle while coming to terms with what it means to belong.

U-35: Zoo Lights: Dec. 8th at 5:00pm
Join us for a festive walk through the Calgary Zoo! Enjoy the magical wonderland with 2 million twinkling lights. Please dress appropriately for the weather. *****this activity is for clients age 35 years and under*****

Colouring Therapy: Dec. 11th & 30th at 11:00am
Join Taya in a relaxing colouring program. A selection of images will be offered for members to transform into coloured art!

Artistic Trading Cards: Dec. 12th and 20th 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.

The Chocolate Lab: Dec. 13th at 11:00am
Venture to the Chocolate Lab, a local chocolatier with a passion for chocolate! Chocolate is one of life's great experiences, The Chocolate Lab explores and invents, taking chocolate to new heights. It's an adventure worth tasting.

Talk & Walk for Wellness: Dec. 13th at 1:00pm
Join Alysia in this informative group that combines health tips with a leisurely walking program. Learn, socialize and explore!

Darts: Dec. 13th & 27th at 3:00pm
Join us for a few rounds of 301 darts! Socialize and engage in some friendly competition. Prizes to be won!

Christmas Party: Dec. 15th at 11:30am OR 2:30am
Come down for some Christmas fun, presents and yummy treats. Join in sharing some Christmas cheer!



Zoo Lights: Dec. 16th at 5:00pm
Join us for a festive walk through the Calgary Zoo! Enjoy the magical wonderland with 2 million twinkling lights. Please dress appropriately for the weather.

Christmas Carol Karaoke: Dec. 17th at 3:00pm
A time for coming together in the SRS and sharing in song. An opportunity for all to choose a Christmas carol and sing it together.

One Page Profile: Dec. 18th 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.

Christmas Movie #1: Dec. 19th at 11:00am
Showing: Christmas Chronicles (2018): After accidentally crashing Santa's sleigh, a brother and sister pull and all-nighter to save Christmas with a savvy, straight-talking St. Nick. Starring Kurt Russell, Darby Camp, and Judah Lewis.

A Purposeful Plan: Dec. 21st 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.

Coffee Cruisers: Dec. 23rd at 11:00am
A leisurely walk for coffee and conversation at a nearby café. Please dress appropriately for the weather and be prepared for a short walk.

Christmas Movie #2: Dec. 24th at 11:00am
Showing: Klaus (2019): After proving himself to be the worst student at the academy, a postman is sent to a frozen town in the North where he discovers a reclusive toymaker named Klaus. Starring Benedict Cumberbatch, Cameron Seely and Rashida Jones. (Animated)

Boxing Day Bingo: Dec. 26th at 11:00am and 2:00pm
Boxing Day Bingo extravaganza is back! Enjoy multiple Christmas themed bingo games with an added bonus-unlimited wins! Each seating will last approximately 2.5 hours. Come on down, lots of prizes to be won!