

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	 <div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <p>Important Dates for January Sign-up ***Sign-up is by telephone only*** Tuesday, December 21st starting at 10:30am Limited spots available</p> </div> 				1
10:30 Social Time 11:00 Drumming Circle 1:00 Bingo 2:30 Social Time 3:00 Quiddler	10:30 Social Time 11:00 Through Your Lens pt. 2 2:30 Social Time 3:00 Pool	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>New Years Day Bingo</p> </div>				11:00 Seating #1 2:00 Seating #2
2	3	4	5	6	7	8
10:30 Social Time 11:00 Artistic Trading Cards 2:30 Social Time 3:00 Eights	10:30 Social Time 11:00 Colouring Therapy 2:30 Social Time 3:00 Pool	10:30 Social Time 11:00 Coffee Cruisers 2:30 Social Time 4:00 Hobby Crafts Group #1	10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk	10:30 Social Time 11:00 Relaxation Group 2:30 Social Time 4:00 Hobby Crafts Group #2	10:30 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Wizard	10:30 Social Time 11:00 Purposeful Plan 2:30 Social Time
9	10	11	12	13	14	15
10:30 Social Time 1:00 Bingo 2:30 Social Time 3:00 Yahtzee	10:30 Social Time 11:00 Themed Creations 2:30 Social Time 3:00 Darts	10:30 Social Time 11:00 Social Dining Experience 1:00 Reach for Recovery 2:30 Social Time 4:00 Hobby Crafts Group #1	10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk 11:15 Cooking Class	10:30 Social Time 11:00 Relaxation Group 2:30 Social Time 4:00 Hobby Crafts Group #2	10:30 Social Time 1:00 Bingo 2:30 Social Time 3:00 Crowns	10:30 Social Time 11:00 Themed Creations 2:30 Social Time
16	17	18	19	20	21	22
10:30 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Karma	10:30 Social Time 11:00 Through Your Lens pt. 1 2:30 Social Time 3:00 Pool	10:30 Social Time 11:00 U-35: Games Galore 1:00 Reach for Recovery 2:30 Social Time 4:00 Hobby Crafts Group #1	10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk	10:30 Social Time 11:00 Relaxation Group 12:00 Contemporary Calgary 2:30 Social Time 3:00 Book Club 4:00 Hobby Crafts Group #2	10:30 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Canasta	10:30 Social Time 11:00 One Page Profile 2:30 Social Time
23	24	25	26	27	28	29
10:30 Social Time 11:00 Movie Classics 1:00 Bingo 2:30 Social Time 3:00 Crib	10:30 Social Time 11:00 Artistic Trading Cards 1:00 Talk & Walk for Wellness 2:30 Social Time 3:00 Darts	Feb. calendar available @ 10:30 10:30 Social Time 11:00 Colouring Therapy 1:00 Reach for Recovery 2:30 Social Time 4:00 Hobby Crafts Group #1	10:30 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk	10:30 Social Time 10:30 Rewired 11:00 Relaxation Group 2:30 Social Time 4:00 Hobby Crafts Group #2	10:30 Social Time 1:00 Bingo 2:00 Art Therapy pt. 1 2:30 Social Time 3:00 Skip-bo	10:30 Social Time 11:00 Themed Creations 2:30 Social Time

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 clients 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.**

Card/Board Games: Join your friends in the SRS for an organized and pre-selected card/board game. Prizes to be won! Runs Fridays and Sundays at 3:00pm, see front of Calendar for selected games. **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*

New Year's Day Bingo: Jan. 1st at 11:00am and 2:00pm

New Year's Day Bingo extravaganza is back! Enjoy multiple 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!

Artistic Trading Cards: Jan. 2nd and 24th 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.

Colouring Therapy: Jan. 3rd & 25th at 11:00am

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

Pool: Jan. 3rd, 17th & 31st at 3:00pm

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

Coffee Cruisers: Jan. 4th 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.

Coffee Talk: Jan. 5th, 12th, 19th & 26th 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: Jan. 6th, 13th, 20th & 27th 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: Jan. 7th, 16th & 21st 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.

A Purposeful Plan: Jan. 8th 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.

Themed Creations: Jan. 10th, 15th & 29th at 11:00am

Let's start 2022 with all things journaling. Decorate your own journal and make your own unique bookmarks! Journaling has many benefits including, reducing stress, helping with goal setting and it's also a great creative outlet to let go of your thoughts. Journal prompts will be given to help boost and begin your writing process.

Darts: Jan. 10th & 24th at 3:00pm

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

Social Dining Experience: Jan. 11th at 11:00am

Join us for a delicious brunch at Nellies Break the Fast Café. Choose from a variety of breakfast meals and engage in some wonderful conversations.

Morning Cooking: Jan. 12th at 11:15am

Join Karen as you sharpen up your cooking skills. Learn how to prepare healthy and fun foods for you to enjoy. Grocery shopping will be done as a group before we make our way to the offsite kitchen.

Through Your Lens pt. 1 & 2: Jan. 17th & 31st 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!

U-35: Games Galore: Jan. 18th at 11:00am

Welcome to 2022 U-35! The new year has brought with it more fun and exciting activities. At Elements, we are happy to introduce U-35 Games Galore. Join us for an afternoon of games, food, and merriment! ******this activity is for clients age 35 years and under******

Contemporary Calgary: Jan. 20th at 12:00pm

Explore the beautiful artwork and installations at Calgary Contemporary Art! Take in the work of Simone Elizabeth Saunders who explores personal history and Black sisterhood through bold and colourful textiles. As well as Corri-Lynn Tetz, who focuses on the female figure as a way to explore identity and sensation.

One Page Profile: Jan. 22nd 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: Jan. 23rd at 11:00am

Showing: A Knight's Tale: After a young squire finds a way to pass himself off as a bona fide knight, he becomes a jousting champion while romancing an admiring princess. Starring: Heath Ledger, Rufus Sewell, and Shannyn Sossamon.

Talk & Walk for Wellness: Jan. 24th at 1:00pm

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