


Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Heritage Day</div> 10:00 Social Time 11:00 Relaxation Group 2:30 Social Time 3:00 Darts	<b>2</b> 10:00 Social Time 11:00 Artistic Trading Cards 1:00 Reach for Recovery 2:30 Social Time	<b>3</b> 10:00 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk	<b>4</b> 10:00 Social Time 1:00 Explore Your City: Taste of Calgary 2:30 Social Time	<b>5</b> 10:00 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Wizard	<b>6</b> 10:00 Social Time 11:00 Mindful Mandalas 12:30 Coffee and Snack 2:30 Social Time 3:00 Open Activity	
	<b>7</b> 10:00 Social Time 1:00 Bingo 2:30 Social Time 3:00 Open Activity	<b>8</b> 10:00 Social Time 2:00 Movie Monday 2:30 Social Time	<b>9</b> 10:00 Social Time 11:00 Colouring Therapy 1:00 Reach for Recovery 2:30 Social Time	<b>10</b> 10:00 Social Time 10:30 LG/FG (appt. only) 11:00 Pearce Estate Park	<b>11</b> 10:00 Social Time 1:00 Explore Your City: Meltwich Food Co. 2:30 Social Time	<b>12</b> 10:00 Social Time 1:00 Bingo 2:30 Social Time 3:00 Skip-bo	<b>13</b> 10:00 Social Time 12:30 Coffee and Snack 2:30 Social Time 3:00 Open Activity
<b>14</b> 10:00 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Open Activity	<b>15</b> 10:00 Social Time 11:00 Coffee Cruisers 2:30 Social Time 3:00 Darts	<b>16</b> 10:00 Social Time 11:00 Themed Creations 1:00 Reach for Recovery 2:30 Social Time	<b>17</b> 10:00 Social Time 10:30 LG/FG (appt. only) 11:00 Coffee Talk	<b>18</b> Sept. ballots available after 10:30am	<b>19</b> 10:00 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Crowns	<b>20</b> 10:00 Social Time 12:30 Coffee and Snack 1:00 U:35: Games Galore 2:30 Social Time 3:00 Open Activity	
<b>21</b> 10:00 Social Time 1:00 Bingo 2:30 Social Time 3:00 Open Activity	<b>22</b> 10:00 Social Time 11:00 Outdoor Splatter Paint 2:30 Social Time	<b>23</b> Sept. ballot submission deadline	<b>24</b> 8:30 Bar-U Ranch 10:00 Social Time 10:30 LG/FG (appt. only)	<b>25</b> 10:00 Social Time 11:00 Relaxation Group 2:30 Social Time	<b>26</b> 10:00 Social Time 11:00 Mindfulness 1:00 Bingo 2:30 Social Time 3:00 Canasta	<b>27</b> Sept. ballots ready for pick up	
<b>28</b> 10:00 Social Time 11:00 Drumming Circle 1:00 Bingo 2:30 Social Time 3:00 Open Activity	<b>29</b> 10:00 Social Time 1:00 Ping Pong Tournament 2:30 Social Time 3:00 Darts	<b>30</b> 10:00 Social Time 11:00 Heritage Park 1:00 Reach for Recovery 2:30 Social Time	<b>31</b> Sept. ballot pick up deadline 10:00 Social Time 10:30 LG/FG (appt. only) 10:30 Horse Play 11:00 Coffee Talk	<div style="border: 1px dashed black; padding: 10px;"> <p><b>Important Dates for September Ballots</b>            September calendar and ballots available: Thurs. Aug. 18<sup>th</sup>            Ballot submission deadline: Tues. Aug. 23<sup>rd</sup>            Approved ballots ready for pickup: Sat. Aug. 27<sup>th</sup>            Last day to pick up approved ballots: Wed. Aug. 31<sup>st</sup></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:

- There is currently NO DROP-IN programming available
- Upon arrival, all clients are required to complete a wellness check to screen for COVID-19 symptoms
  - Mask are optional and will be provided upon request
- 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**

**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! Clients can sign-out a variety of different board/card games and TV and radio booking is also available, 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, Saturdays and Sundays at 3:00pm, see front of Calendar for selected games. **Sign-up is required.**

**Darts:** Join us for darts! Socialize and engage in some friendly competition. Prizes to be won! Runs two Mondays a month at 3:00pm, see front of Calendar for dates. **Sign-up is required.**

**Coffee and Snack:** Come enjoy a light snack and a free coffee or tea.. **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\*



**Relaxation Group: Aug. 1<sup>st</sup>, 18<sup>th</sup> & 25<sup>th</sup> at 11:00am**

Join us for 75 mins of restorative yoga. The techniques taught focuses on the importance of the breath. This class is taught by a certified yoga instructor. No experience necessary. Suitable for all skill levels. **Aug. 18<sup>th</sup> class will be held outside- Yoga in the Park! (Riley Park)**

**Artistic Trading Cards: Aug. 2<sup>nd</sup> 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.

**Coffee Talk: Aug. 3<sup>rd</sup>, 17<sup>th</sup>, & 31<sup>st</sup> at 11:00am**

Come join a casual group discussion in the SRS that is facilitated by recreation staff. Coffee will be provided.

**Explore Your City: Taste of Calgary: Aug. 4<sup>th</sup> at 1:00pm**

Taste of Calgary is the city's most appetizing festival, giving visitors the chance to sample the city's food, beverages, music and other cool things. Clients will be given 10 sampling tickets to experience the delicious food!

**Mindfulness Program: Aug. 5<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</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.

**Mindful Mandalas: Aug. 6<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.

**Movie Monday: Aug. 8<sup>th</sup> at 2:00pm**

Showing: The Mummy: When an American archeology team unwittingly resurrects a cursed mummy, it's up to an adventurer and a clumsy Egyptologist to stop the evil spirit. Starring Brendan Fraser, Rachel Weisz and John Hannah

**Colouring Therapy: Aug. 9<sup>th</sup> at 11:00am**

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

**Pearce Estate Park: Aug. 10<sup>th</sup> at 11:00am**

Come and enjoy a relaxing day at Pearce Estate Park! Experience the beauty of the park, a delicious picnic and wonderful company. Clients will also be treated to a tour of the Fish Hatchery and given the opportunity to feed thousands of trout! Please dress for the weather.

**Explore Your City: Meltwich Food Co.: Aug. 11<sup>th</sup> at 1:00pm**

Join us as we experience the amazing food at Meltwich Food Co.! With a simple mission "not just good, but great" Meltwich Food Co. is focused on providing delicious and convenient food options with wholesome and healthy ingredients.

**Coffee Cruisers: Aug. 15<sup>th</sup> at 11:00am**

A leisurely walk for coffee and conversation at a nearby café. Please dress appropriately for the weather.

**Themed Creations: Aug. 16<sup>th</sup> at 11:00am**

Join Karen for rock painting! Bring out your creativity as you create kindness rocks. Add some color with positive sayings or words. They make great gifts!

**U-35: Games Galore: Aug. 20<sup>th</sup> at 1:00pm**

Join us for an afternoon of games, food, and merriment! Socialize, learn new games or play old favourite while having fun and meeting new friends.

\*\*\*this activity is for clients age 35 years and under\*\*\*



**Outdoor Splatter Paint: Aug. 22<sup>nd</sup> at 11:00am**

Splattering paint is a fast and fun way to create uniquely personalized art pieces. Clients will walk to Shaw Millennium Park, carrying canvas & tempura paints, and get creative by splashing, spraying and splattering. Old clothes is suggested as this is a fun yet messy process.

**Tech Help: Aug. 23<sup>rd</sup> at 12:00pm**

Today, technology is required for work, school, connecting with families, and day-to-day activities. This program will help you become more comfortable with technology and address any fundamental tech problems.

**Bar-U Ranch: Aug. 24<sup>th</sup> at 8:30am**

A full day trip that will explore the Bar-U Ranch National Historic Site of Canada. Clients will be divided into groups to experience guided activities: Belly of the Bar-U, Round Up Camp & Take-a-Hike. An on-site lunch will take place in the afternoon with time to further explore the Ranch.

**Summer Origami: Aug. 27<sup>th</sup> at 11:00am**

Join Taya to create an arrangement of beautiful flowers using nothing but paper! Learn how to fold and manipulate paper into simple flower form. Finished products make great gifts for every occasion! Clients will be creating different flowers from those made in July.

**Drumming Circle: Aug. 28<sup>th</sup> 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.

**Ping Pong Tournament: Aug. 29<sup>th</sup> at 1:00pm**

Get your game face on for a chance to claim Elements Ping Pong Championship! Regardless of your skill level, join us for some Ping Pong—tournament style!

**Heritage Park: Aug. 30<sup>th</sup> at 11:00am**

Join REC as we head to Heritage Park for a time travel down memory lane. Lunch is provided.

**Horse Play: Aug. 31<sup>st</sup> at 10:30am**

Join us while we learn some basic horse etiquette. This includes feeding, grooming and petting some horses. Lunch will be provided.