



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>LEST WE FORGET</b>						
		<b>1</b> 11:00 <b>Colouring Therapy</b> 1:00 <i>Reach for Recovery</i> 2:00 Canasta 3:00 Open Activity	<b>2</b> Nov. ballots pick up deadline 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	<b>3</b> 10:30 <i>Rewired pt. 6</i> 12:00 Eights 1:00 <b>Tai Chi</b> 1:30 <i>Money Mentors pt. 7</i> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>4</b> 12:00 Crib 1:00 Bingo 2:30 LG/FG 3:00 Guillotine 3:30 <i>Art Therapy pt. 1</i>	<b>5</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Air Hockey Tournament</b> 3:00 Open Activity
		<b>6</b> 11:30 Coffee & Snack 12:00 Telestrations 1:00 Bingo 3:00 Open Activity	<b>7</b> 11:00 <b>Coffee Cruisers</b> 12:00 Skip-bo 3:00 Quiddler 3:00 <b>Dance &amp; Movement</b>	<b>8</b> 1:00 <b>Creative Writing</b> 2:00 Canasta 3:00 Open Activity	<b>9</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	<b>10</b> 10:30 <i>Rewired pt. 7</i> 12:00 Eucre 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>
<b>13</b> 11:30 Coffee & Snack 12:00 Codenames 1:00 Bingo 3:00 Open Activity	<b>14</b> 12:00 <b>Bowling</b> 12:00 Skip-bo 3:00 Darts	<b>15</b> TBD <b>Movie Goers</b> 2:00 Canasta 3:00 Open Activity	<b>16</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 11:30 <i>Welcome 101</i> 12:00 Wizard No Drop-in after 2:00pm	<b>17</b> Dec. ballots available after 10:30am 10:30 <i>Rewired pt. 8</i> 12:00 Sorry! 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>18</b> 12:00 Crib 1:00 Bingo 2:30 LG/FG 3:00 Uno 3:30 <i>Art Therapy pt. 2</i>	<b>19</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>U-35: Games Galore</b> 3:00 Open Activity
<b>20</b> 11:00 <b>Mindfulness</b> 11:30 Coffee & Snack 12:00 Ticket to Ride 1:00 Bingo 3:00 Open Activity	<b>21</b> 12:30 <b>Social Dining Experience</b> 12:00 Skip-bo 3:00 Karma	<b>22</b> Dec. ballot submission deadline 11:00 <b>Artistic Trading Cards</b> 1:00 <i>Reach for Recovery</i> 2:00 Canasta 3:00 Open Activity	<b>23</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	<b>24</b> 10:30 <i>Rewired pt. 9</i> 12:00 10,000 Dice 12:30 <b>Relaxation Group</b> 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>25</b> 11:00 <b>Mindfulness</b> 12:00 Crib 1:00 Bingo 2:30 LG/FG 3:00 Wizard 3:30 <i>Art Therapy pt. 3</i>	<b>26</b> Dec. ballots ready for pick up 11:30 Coffee & Snack 12:00 Crowns 1:00 <b>Ping Pong Tournament</b> 3:00 Open Activity
<b>27</b> 11:30 Coffee & Snack 12:00 Qwirkle 1:00 Bingo 1:30 <b>PALS Program pt.1</b> 2:15 <b>PALS Program pt. 2</b> 3:00 Open Activity	<b>28</b> 12:00 Skip-bo 2:00 <b>Armchair Travel</b> 3:00 Darts	<b>29</b> 11:00 <b>Themed Creations</b> 1:00 <i>Reach for Recovery</i> 2:00 Canasta 3:00 Open Activity	<b>30</b> Dec. ballots pick up deadline 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard No Drop-in after 2:00pm	 <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p><b>Important Dates for December Ballots</b>            December calendar and ballots available: Thurs. Nov. 17<sup>th</sup>            Ballot submission deadline: Tues. Nov. 22<sup>nd</sup>            Approved ballots ready for pickup: Sat. Nov. 26<sup>th</sup>            Last day to pick up approved ballots: Wed. Nov. 30<sup>th</sup></p> </div>		

## 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:

- 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
  - There is no drop-in programming on Wednesdays after 2:00pm

**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! **Speak to Todd for sign-up.**

**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.**

**Welcome 101:** Welcome 101 is a chance for new clients to get engaged with Elements and learn the ins and outs of the SRS! Light refreshments will be served. See Stephanie for more details.

**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 from 10:30am– 1:00pm, and Fridays 2:30pm– 5:00pm

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

*If you have questions, comments or concerns please contact our Recreation Team.*

## Activity Highlights: These Events Require Sign Up

\* Calendar Subject to Change\*



### **Colouring Therapy: Nov. 1<sup>st</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!

### **Coffee Talk: Nov. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> at 11:00am**

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

### **Tai Chi: Nov. 3<sup>rd</sup> at 1:00pm**

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Join us for a beginners lesson.

### **Air Hockey Tournament: Nov. 5<sup>th</sup> at 1:00pm**

Regardless of your skill level, join us for some Air Hockey —tournament style!

### **Coffee Cruisers: Nov. 7<sup>th</sup> at 11:00am**

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

### **Dance & Movement: Nov. 7<sup>th</sup> at 3:00pm**

This program will incorporate a variety of movement activities, focused on bringing awareness into our bodies and mindfulness into our movement. Seated and standing, participants will be encouraged to explore and expand their range of movement, while having fun and connecting with others in the group.

### **Creative Writing: Nov. 8<sup>th</sup> at 1:00pm**

Creative writing is about creating characters, plots, themes, and settings, from novels to poetry. This month we will explore the various components of the ancient artform of short stories. Short stories have continued to capture our attention for centuries. Join us for an opportunity to learn about this unique art form.

### **Relaxation Group: Nov. 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> at 12:30pm**

Join us for an hour 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.

### **Karaoke: Nov. 12<sup>th</sup> at 1:00pm**

Join us for a fun afternoon of Karaoke and snacks. Please sign up as either “audience” or “singer”.

### **Bowling: Nov. 14<sup>th</sup> at 12:00pm**

Join us in a non-competitive game of 5-pin bowling at Chinook Bowladrome. Must be able to lift 4lbs.

### **Movie Goers: Nov. 15<sup>th</sup> at TBD**

Enjoy the full movie theatre experience at the historic Plaza Theatre in Kensington! Sit in the comfy chairs, eat some delicious treats and enjoy the show. Movie and time will be determined closer to the date.

### **U-35: Games Galore: Nov. 19<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\*\*\*

### **Mindfulness Program: Nov. 20<sup>th</sup> & 25<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.



### **Social Dining Experience: Nov. 21<sup>st</sup> at 12:30pm**

Explore a local burger joint with a twist! V Burger offers all the burger joint classics but with plant-based ingredients. Whether you are committed to a plant-based diet, looking to add more plant-based meals, simply curious or just plain hungry, V Burger has something delicious for you!

### **Artistic Trading Cards: Nov. 22<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.

### **Ping Pong Tournament: Nov. 26<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!

### **PALS Program: Nov. 27<sup>th</sup> at 1:30pm OR 2:15pm**

Volunteers from Pet Access League Society will be coming to join us with their pet therapy program. Clients will gather and have a 45 min session to enjoy the company of a 4-legged volunteer working dog or cat.

Please do not sign up if you have allergies.

### **Armchair Travel: Nov. 28<sup>th</sup> at 2:00pm**

Join us for a destination adventure without leaving the SRS. Learn about a new place or revisit an old favorite and experience a taste of local cuisine. No passport required.

### **Themed Creations: Nov. 29<sup>th</sup> at 11:00am**

Join Taya as you create your own whimsical winter light display! Using simple materials such as fairy lights, cotton balls, glitter, pine cones and more, craft yourself some beautiful winter décor!