




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Important Dates for January Ballots</b>            December calendar and ballots available: Thurs. Dec. 15<sup>th</sup>            Ballot submission deadline: Tues. Dec. 20<sup>th</sup>            Approved ballots ready for pickup: Sat. Dec. 24<sup>th</sup>            Last day to pick up approved ballots: Wed. Dec. 28<sup>th</sup></p>			<b>1</b> 10:30 <i>Rewired pt. 10</i> 12:00 Yahtzee 1:00 <b>Tai Chi</b> 1:00 Holiday Countdown 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>2</b> 11:00 <b>Mindfulness</b> 11:00 <b>Christmas Market</b> 12:00 Crib 1:00 Bingo 1:00 Holiday Countdown 2:30 LG/FG 3:00 Scrabble 3:30 <i>Art Therapy pt. 4</i>	<b>3</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 Holiday Countdown 2:00 <b>U-35: Games Galore</b> 3:00 Open Activity
<b>4</b> 11:30 Coffee & Snack 12:00 Karma 1:00 Bingo 1:00 Holiday Countdown 3:00 Open Activity	<b>5</b> 11:00 <b>Artistic Trading Cards</b> 12:00 Skip-bo 1:00 Holiday Countdown 3:00 Qwirkle 3:00 <b>Dance &amp; Movement</b>	<b>6</b> 11:00 <b>Lunchbox Theatre</b> 1:00 <i>Reach for Recovery</i> 1:00 Holiday Countdown 2:00 Canasta Tournament 3:00 Open Activity	<b>7</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 12:00 Wizard 1:00 Holiday Countdown No Drop-in after 2:00pm	<b>8</b> 12:00 Quiddler 12:30 <b>Relaxation Group</b> 1:00 Holiday Countdown 3:00 Open Activity 3:00 <b>Glow YYC</b> 4:00 <i>Hobby Crafts</i>	<b>9</b> 12:00 Crib 1:00 Bingo 1:00 Holiday Countdown 2:30 LG/FG 3:00 Trouble 3:30 <i>Art Therapy pt. 5</i>	<b>10</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 Holiday Countdown 2:00 <b>Name That Tune</b> 3:00 Open Activity
<b>11</b> 11:00 <b>Mindfulness</b> 11:30 Coffee & Snack 12:00 Dutch Blitz 1:00 Bingo 1:00 Holiday Countdown 3:00 Open Activity	<b>12</b> 12:00 Skip-bo 1:00 Holiday Countdown 3:00 Darts	<b>13</b> 11:00 <b>Creative Writing</b> 1:00 <i>Reach for Recovery</i> 1:00 Holiday Countdown 2:00 Canasta Tournament 3:00 Open Activity	<b>14</b>  <b>2:00 Holiday Party</b> No Drop-in after 2:00pm	<b>15</b> Jan. ballots available after 10:30am 12:00 Uno 12:30 <b>Relaxation Group</b> 1:00 Holiday Countdown 3:00 Open Activity 4:00 <i>Hobby Crafts</i>	<b>16</b> 12:00 Crib 1:00 Bingo 1:00 Holiday Countdown 3:00 Sorry! 3:30 <i>Art Therapy pt. 6</i>	<b>17</b> 11:30 Coffee & Snack 12:00 Crowns 1:00 Holiday Countdown 2:00 <b>Air Hockey Tournament</b> 3:00 Open Activity
<b>18</b> 11:30 Coffee & Snack 12:00 Wizard 1:00 Bingo 1:00 Holiday Countdown 3:00 Open Activity	<b>19</b> 11:00 <b>Themed Creations</b> 12:00 Skip-bo 1:00 Holiday Countdown 3:00 Bananagrams	<b>20</b> Jan. ballot submission deadline 1:00 <i>Reach for Recovery</i> 1:00 Holiday Countdown 2:00 Canasta Tournament 3:00 Open Activity 3:00 <b>Docu-zone</b>	<b>21</b> 10:30 LG/FG 11:00 <b>Coffee Talk</b> 11:30 <i>Welcome 101</i> 12:00 Wizard 1:00 Holiday Countdown No Drop-in after 2:00pm	<b>22</b> 12:00 Eucre 12:30 <b>Relaxation Group</b> 1:00 Holiday Countdown 2:00 <b>Christmas Carol Karaoke</b> 4:00 <i>Hobby Crafts</i>	<b>23</b> 12:00 Crib 1:00 Holiday Countdown 2:00 <b>Movie Classics</b> 3:00 The Game: Quick & Easy	<b>24</b> Jan. ballots ready for pick up <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"> <b>Christmas Eve</b> </div> 11:30 Coffee & Snack 1:00 Holiday Countdown 12:00 Crowns 3:00 Open Activity
<b>25</b> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"> <b>Christmas Day</b> </div> <b>Agency Closed</b>	<b>26</b> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"> <b>Boxing Day Bingo</b> </div> 11:00 Goodies, Coffee, Tea & Hot Chocolate <b>Boxing Day Bingo</b> 12:00 - Bingo Set 1 1:15 - Bingo Set 2 2:30 - Bingo Set 3	<b>27</b> 12:00 Apples to Apples 2:00 Canasta Tournament 3:00 Open Activity	<b>28</b> Jan. ballots pick up deadline 10:30 LG/FG 12:00 Wizard 3:00 Open Activity	<b>29</b> 11:00 <b>Colouring Therapy</b> 12:00 Crowns 3:00 Open Activity	<b>30</b> 12:00 Crib 1:30 Skip-bo 3:00 Wizard	<b>31</b> 11:30 Coffee & Snack 12:00 Crowns 2:00 <b>Ping Pong Tournament</b> 3:00 Open Activity

## 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.**

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

**Holiday Countdown:** Join us every day in December at 1:00pm 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 Janet, Kazeem or Taya*

## Activity Highlights: These Events Require Sign Up



\* Calendar Subject to Change\*

### Tai Chi: Dec. 1<sup>st</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.

### Mindfulness Program: Dec. 2<sup>nd</sup> & 11<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.

### Christmas Market: Dec. 2<sup>nd</sup> at 11:00am

Explore Spruce Meadows International Christmas Market with more than 190 different vendors!

### U-35: Games Galore: Dec. 3<sup>rd</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\*\*\*

### Artistic Trading Cards: Dec. 5<sup>th</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.

### Dance & Movement: Dec. 5<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.

### Lunchbox Theatre: Dec. 6<sup>th</sup> at 11:00am

Enjoy a theatre production of "Home for the Holidays." When a flight from Orlando to Calgary gets grounded on Christmas Eve, it leaves four strangers stranded together in the airport. Ella is a Christmas enthusiast who insists on not only making friends with everyone, but hosting an airport Christmas.

### Coffee Talk: Dec. 7<sup>th</sup> & 21<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.

### Relaxation Group: Dec. 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</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.

### Glow YYC: Dec. 8<sup>th</sup> at 3:00pm

Celebrate Christmas magic in China, India, The Netherlands, Mexico, France, and England, all in one day, and all under the glow of a million twinkle lights. This breathtaking space is over 70,000 square feet, and brings a majestic winter wonderland completely indoors.

### Name that Tune: Dec. 10<sup>th</sup> at 2:00pm

Put your music knowledge to the test, with name that tune! Prizes to be won!

### Creative Writing: Dec. 13<sup>th</sup> at 11:00am

Creative writing is about creating characters, plots, themes, and settings, from novels to poetry. This month we will explore the art of movie reviews. After watching and discussing a short film, we will be looking at things such as narrative structures.

### Holiday Party: Dec. 14<sup>th</sup> at 2:00pm

Come down for some holiday fun, presents and yummy treats. Join in sharing some holiday cheer!

### Air Hockey Tournament: Dec. 17<sup>th</sup> at 2:00pm

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

### Themed Creations: Dec. 19<sup>th</sup> at 11:00am

Join Janet in making a fun holiday craft! Using socks, felt and other craft supplies. We will be creating a cute and cool companion. Makes for a perfect Christmas gift!

### Docu-zone: Dec. 20<sup>th</sup> at 3:00pm

Join Kazeem for an interesting documentary film followed by great conversation, discussion and snacks.

### Christmas Carol Karaoke: Dec. 22<sup>nd</sup> at 2:00pm

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.

### Movie Classics: Dec. 23<sup>rd</sup> at 2:00pm

Showing: Deck the Halls: An optometrist's Christmas celebration gets upstaged by a new neighbour who wants to create a holiday display bright enough to be seen from space. Starring Danny DeVito, Matthew Broderick, and Kristin Davis.

### Colouring Therapy: Dec. 29<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!

### Ping Pong Tournament: Dec. 31<sup>st</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!