



Recovery Supports Day Program Group Descriptions

Many group based social, recreation, and leisure programs are available through the Recovery Supports Day Program. Programming available Monday – Friday (except stat holidays) from 9:30am – 12:00pm and 1:00pm – 3:30pm. Limited space available in the lunch room from 12:00pm - 1:00pm. Please note: times may vary for community based outings. For specific dates, times, and details, please see our monthly calendar.

Last Updated: April 2024

New Member Welcome

Once you have completed your info session, please join us on Monday from 10:00 - 10:30 or Friday from 1:00 - 1:30 to see the day program space, receive a copy of the calendar, and ask any questions you may have.

Aquafit *currently on hold

Aquafit provides participants with the opportunity to enjoy the benefits of physical activity during this low impact water based class. Please bring your bathing suit, a towel, and your leisure access pass / ETS pass. This is a community linking program so participants may attend on their own.

Armchair Travels

Travel the world with us from the comfort of your own chair. Join us as we explore various countries and cultures.

Bingo

B-I-N-G-O! This activity provides you with an opportunity to play a popular game, win a treat, and socialize with other participants.

Board Game Hour / Game Show Hour

Join us at day program for a variety of group based games. Some weeks will feature a virtual/live option and other weeks will feature card games, board games, and even life sized versions of your favourite games.

Boxing *currently on hold

Join us at the Lions Den for an opportunity to learn about boxing techniques while connecting with your peers in a variety of drills and activities. Please note, all activities are non contact. Cost \$6. Please bring ETS pass. This is a community linking program so participants may attend on their own.

Citizenship in Action

This group provides opportunities to learn about citizenship through advocacy, volunteer activities, and building community connections. Group activities occur both at program and in the community. Please see monthly calendar for more details.

Cooking + Baking Group

Join us in creating tasty treats and meals in our kitchen. Learn about basic menu planning, how to safely use various kitchen tools, and socialize with others while making a meal you can enjoy. Cost varies; please see calendar for details.

Creating Wellness

This group is designed to increase understanding of the various concepts that contribute to one's sense of wellbeing that can be applied to achieving social, recreation and leisure goals. Topics include (but are not limited to): understanding emotions, goal setting, relationships, and ways to maintain mental health.

Creative Arts

Join us in creating beautiful works of art through the use of various artistic mediums, such as water colour, acrylic painting, and crafts. Once a month we will offer an advance skills class.

Mindfulness

This group introduces participants to the practice of mindfulness and enables participants to try various mindfulness activities.



Dancing Lessons / Video Dance Party

This group introduces you to a variety of different dance styles and provides you with the opportunity to practice your new moves while listening to a variety of music styles.

Dungeons + Dragons

Join our day program participants in exploring fantasy worlds together and embark on epic quests through role playing games. We generally follow the 5th edition rules.

Explore Edmonton *Please note: planned activities are listed on Tuesday afternoons

Find out what your city has to offer! This active, social group explores various leisure activities and events in your city. Please dress for the activity and remember to bring your ETS bus pass and water bottle.

Explore Fitness *currently on hold

This group offers an opportunity to explore the various components of fitness through yoga, cycle, and strength based classes. Please dress to be active and bring your leisure access pass, ETS bus pass, and water bottle. This is a community linking program so participants may attend on their own.

Friday Adventure Group

This group allows clients the opportunity to participate in a variety of group-based social, leisure opportunities around the city of Edmonton. Some activities may have a cost. Please bring your ETS bus pass and water bottle.

Karaoke

Sing your heart out to your favourite tunes! Participants are welcome to sing or sit back and listen along.

Lady Flower Garden

Lets enjoy the beauty of nature while working in the garden. Take part in seeding, weeding, watering, and more while learning about everything that goes into growing various types of produce. Please see staff for more info and to sign up.

Leisure / Fitness Walk

This activity provides participants with an opportunity to socialize with others and explore the city of Edmonton while engaging in a low impact physical activity.

Mindful Photography

Join us to experience a mindfulness practice that involves being fully present and aware while taking photographs. This group will involve traveling to various locations in the area, where we will notice the environment around us, and then capture it in photographs. Please bring a camera or a phone if you have one.

Music Appreciation / Name That Tune / Music Bingo

This group provides an opportunity to learn about the various components of music. This group may include singing, playing instruments, presentations, dancing, and more!

Peer Lens

Explore various topics through the lens of lived experience.

Plaza Bowling

See you at the bowling alley! Meet up with other participants and enjoy a game or two during this group. Cost: \$6.00. Please bring your ETS bus pass. Please wear socks. This is a community linking program so participants may attend on their own.

Social + Leisure Time

This group provides an opportunity to hang out, socialize, and participate in a variety of activities and games! Chat about the upcoming week, talk about current events, or discuss what resources are available in and around YEG. Coffee is available between 10:00 - 10:30 (\$0.50 + free refill or \$5 for monthly coffee club).