



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.

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

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 / TS pass.

Armchair Travels

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

Art with [redacted] currently on hold

Join us and explore your creative side with the Art Mentorship Society of Alberta as they guide us through an art project.

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.

Boxing

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.

Citizenship in [redacted] tion

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.

Coffee Social

Let's gather for a coffee (\$0.50 + free refill or \$5 for monthly coffee club) and a chat while we review the calendar for the upcoming week, talk about current events, or discuss what resources are available in and around YEG.

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.

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.

Daily Mindfulness

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



Dancing with the Stars / 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

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

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.

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. The group collaborates to develop a schedule ahead of time. 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 *Join us again in Spring 2024

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- on hold for winter

Join us to experience a mindfulness practice that involves being fully present and aware while taking photographs. This group will involve walking 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.

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.

Social + Leisure Time

This group provides an opportunity to hang out, socialize, and participate in a variety of activities and games!

Sound of Music

The Sound of Music group provides an opportunity to learn about and experience the various components of music with your peers. This group may include singing, playing instruments, presentations, dancing, and more!

Venture Out

This group offers an opportunity to be connect with a long time Community Linking program where you have an opportunity to engage in a variety of recreation activities throughout Edmonton. Activities include: team sports, driving range, snowshoeing and more! Please see the calendar for specific activities.