



JANUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
New Year's Day 2023		9:30 H3 Gentle Fitness (Guest) Haven Residents 10:15 H3 Gentle Fitness (Guest) All Residents	9:30 H3 Sit N' Fit (Staff) Haven Residents 2:00 SA Chapel High River CRC Pastor David	9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 3:00 CAFÉ Happy Hour		
	8	9	10	11	12	13
	10:00 Emmanuel Church Service Ch.398	9:30 H3 Monday Movement (Guest) Haven Residents 10:15 H3 Monday Movement (Guest) All Residents 1:30 DR Coffee Connection	9:30 H3 Gentle Fitness (Guest) Haven Residents 10:15 H3 Gentle Fitness (Guest) All Residents 2:00 DR Birthday Party Music: Rob Mann	9:30 H3 Sit N' Fit (Staff) Haven Residents 10:00 CAFÉ Blood Pressure Clinic 2:00 SA Chapel Retired Pastor Harry 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 2:00 H3 FUN Bingo 3:00 CAFÉ Happy Hour	10:00 CAFÉ Espresso Café Drinks & Pastries for Purchase
15	16	17	18	19	20	21
10:00 Emmanuel Church Service Ch.398	9:30 H3 Monday Movement (Guest) Haven Residents 10:15 H3 Monday Movement (Guest) Zumba -All Residents 6:30 SA Chinese Massage & Tea (Sing-Up Required)	9:30 H3 Gentle Fitness (Guest) Haven Residents 10:15 H3 Gentle Fitness (Guest) All Residents 2:00 H3 Memory Connect	9:30 H3 Sit N' Fit (Staff) Haven Residents 10:00 MH Tuck Shop 2:00 SA Chapel First Lutheran Pastor Kevin	9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 2:00 H3 Brain Teasers 3:00 CAFÉ Happy Hour		10:00 Espresso Café Drinks & Pastries for Purchase
22	23	24	25	26	27	28
10:00 Emmanuel Church Service Ch.398	9:30 H3 Monday Movement (Guest) Haven Residents 10:15 H3 Monday Movement (Guest) All Residents 2:00 H3 Paint N' Sip With Carol (Sign-up Required)	9:30 H3 Gentle Fitness (Guest) Haven Residents 10:15 H3 Gentle Fitness (Guest) All Residents 9:30-11:30 Bus Trip: Shopping North Hill Mall (Sign-up)	9:30 H3 Sit N' Fit (Staff) Haven Residents 11:00 CAFÉ Tim Horton's Club Coffee & Doughnuts for Purchase 2:00 SA Chapel First Alliance Pastor Tolu 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 10:30 SA Wellness Session New Year Well-being Followed by: Ask a Pharmacist 3:00 CAFÉ Happy Hour	10:00 CAFÉ Espresso Café Drinks & Pastries for Purchase	28
29	30	31	<p>Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.</p> <p><i>Lamentations 3:22-23</i></p>			<p>H2 = Haven 2nd Floor CAFE = Shalem Café H3 = Haven 3rd Floor CY = Courtyard SA = Shalem Atrium MS = Meeting Space DR = Dining Room MH = Main Hall by TV</p>
10:00 Emmanuel Church Service Ch.398	9:30 H3 Monday Movement (Guest) Haven Residents 10:15 H3 Monday Movement (Guest) Zumba -All Residents 2:00 SA Reflexology \$15 Fee (Sign-up Required) 2:30 CAFÉ Men's Pub Social (Sign-up Required)	9:30 H3 Gentle Fitness (Guest) Haven Resident 10:15 H3 Gentle Fitness (Guest) All Residents 2:00 H3 FUN Bingo				
6:30 SA Hymn Sing						