


JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 No Fitness Classes <i>New Years Day</i>	2 9:30 H3 Sit N' Fit 7:00 H2 Card Bingo	3 9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Adrian 7:00 H2 Cards/ Games	4 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cards/ Games 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	5 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 SA NETFLIX: Live to 100 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	6 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
	7 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	8 9:00 WC Hearing Clinic 9:30 H3 Sit N' Fit 10:15 H3 Monday Movement 1:00 H3 Music Therapy 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9 9:30 H3 Gentle Fitness 10:00 CAFÉ Blood Pressure Clinic 10:15 H3 Sit N' Fit 2:00 DR Birthday Party Entertainment: Romeo 7:00 H2 Cards/ Games	10 10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor Harry 7:00 DR BINGO with Lauren	11 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H3 Memory Connect 3:00 CAFÉ Happy Hour	12 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 SA NETFLIX: Live to 100 1:00 SA Movie: Oppenheimer 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
14 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	15 9:30 H3 Sit N' Fit 10:15 H3 Monday Movement 1:30 DR Coffee Connection 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	16 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H2 Craft: Teacup Floral 7:00 H2 Card Bingo	17 9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Rev. Phil	18 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H3 Brain Teasers 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	19 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 SA NETFLIX: Live to 100 2:00 H2 Cards/ Games 2:30 H3 Laughter Yoga 7:00 H2 Cards/ Games	20 1:00 SPA Massage (Iuliia) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
21 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	22 9:30 H3 Sit N' Fit 1:00 SA Piano Concert 2:00 H3 Paint N' Sip 2:00 H2 Cards/ Games 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	23 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 DR Hootenanny Music 7:00 H2 Card Bingo	24 10:15 H3 Chair Yoga with Cari 12:00 CAFÉ Tim Hortons Club 2:00 SA Chapel: Pastor Tolu 7:00 DR BINGO with Lauren	25 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour Robert Burns Day - Scottish Trivia & Tam O'Shanter Hat Contest	26 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 SA NETFLIX: Live to 100 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games 7:00 SA Movie: Maudie	27 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
28 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	29 9:30 H3 Sit N' Fit 10:15 H3 Monday Movement 2:00 H2 Cards/ Games 2:30 CAFÉ Men's Pub Social 7:00 H2 Cards/ Games	30 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 7:00 H2 Card Bingo	31 9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor David	2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!		

SHALEM SPACES

TV Channel 398 for Emmanuel Church

H2 = Haven 2nd Floor
 CAFE = Shalem Café

H3 = Haven 3rd Floor
 SA = Shalem Atrium

DR = Dining Room
 SPA = Haven 2nd Flr. Spa Room

WC = Wellness Centre
 GR = Games Room

MSR = Manor Social Room
 CY = Courtyard
 MH = Main Hall by TV

