




# FEBRUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>John 15:12-13</i></p> <p><sup>12</sup> My command is this: Love each other as I have loved you.  <sup>13</sup> Greater love has no one than this: to lay down one's life for one's friends.</p>			1	2	3	4	
			9:30 <b>H3</b> Sit N' Fit (Staff) Haven Residents	9:30 <b>H3</b> Sit N' Fit (Guest) Haven Residents	9:30 <b>H3</b> Sit N' Fit (Staff) Haven Residents		
			10:00 <b>SA</b> Reflexology \$15 Fee (see posted list for times)	10:15 <b>H3</b> Sit N' Fit (Guest) All Residents			
			2:00 <b>SA</b> Chapel – Pastor Allan	10:45 <b>SA</b> Wellness Session Hearing Health -Audiology Innovations			
			3:00 <b>CAFÉ</b> Happy Hour				
5	6	7	8	9	10	11	
	9:30 <b>H3</b> Monday Movement (Guest) Haven Residents	9:30 <b>H3</b> Gentle Fitness (Guest) Haven Residents	9:30 <b>H3</b> Sit N' Fit (Staff) Haven Residents	9:30 <b>H3</b> Sit N' Fit (Staff) One Class Only Today	9:30 <b>H3</b> Sit N' Fit (Staff) Haven Residents		
10:00 Emmanuel Church Service Ch.398	10:15 <b>H3</b> Monday Movement (Guest) All Residents	10:15 <b>H3</b> Gentle Fitness (Guest) All Residents	2:00 <b>SA</b> Chapel – Pastor David	10:30 <b>SA</b> Building Communities City of Calgary Social Worker	10:00 <b>CAFÉ</b> Espresso Café Drinks & Pastries for Purchase		
	10:00 <b>SA</b> Hearing Clinic (Sign-up)	2:00 <b>H3</b> Memory Connect	7:00 <b>DR</b> BINGO with Lauren	3:00 <b>CAFÉ</b> Happy Hour	7:00 <b>SA</b> Wine & Cheese (Sign-up required)		
6:30 <b>SA</b> Hymn Sing	1:30 <b>DR</b> Coffee Connection						
12	13	Valentine's Day 14		15	16	17	18
	No Exercise Classes Today	9:30 <b>H3</b> Gentle Fitness (Staff) One Class Only Today	9:30 <b>H3</b> Sit N' Fit (Staff) Haven Residents	9:30 <b>H3</b> Sit N' Fit (Guest) Haven Residents	9:30 <b>H3</b> Sit N' Fit (Staff) Haven Residents		
10:00 Emmanuel Church Service Ch.398	10:00 <b>SA</b> Wellness Session Dental Health & Screening Tanya, Mobile Dental Hygienist	10:00 <b>CAFÉ</b> Blood Pressure Clinic	10:00 <b>MH</b> Tuck Shop	10:15 <b>H3</b> Sit N' Fit (Guest) All Residents		10:00 Espresso Café Drinks and Pastries for Purchase	
4:30 <b>SA</b> Super Bowl Drinks for Purchase Bring Snack to Share		2:00 <b>DR</b> Birthday Party Music: Kyley Styles	11:00 <b>CAFÉ</b> Tim Horton's Club	2:15 <b>DR</b> CCS Grade 6 Class Writing Resident Stories		A fundraiser for YYC Hot Chocolate Fest for Meals on Wheels	
		7:00 <b>SA</b> Valentine's Day Movie & Popcorn Feature: Casablanca	5:00 <b>DR</b> Hearts & Roses Dinner and Dance	3:00 <b>CAFÉ</b> Happy Hour			
19	20	21	22	23	24	25	
	9:30 <b>H3</b> Monday Movement (Guest) Haven Residents	9:30 <b>H3</b> Gentle Fitness (Guest) Haven Residents	9:30 <b>H3</b> Sit N' Fit Haven Residents	9:30 <b>H3</b> Sit N' Fit (Guest) Haven Residents	9:30 <b>H3</b> Sit N' Fit (Staff) Haven Residents		
10:00 Emmanuel Church Service Ch.398	10:15 <b>H3</b> Monday Movement (Guest) Zumba - All Residents	10:15 <b>H3</b> Gentle Fitness (Guest) All Residents	10:15 <b>H3</b> Chair Yoga with Cari (Guest) *NEW* All Residents	10:15 <b>H3</b> Sit N' Fit (Guest) All Residents	10:00 <b>CAFÉ</b> Espresso Café Drinks & Pastries for Purchase		
		10:00 <b>SPA</b> Dental Clinic Check Up & Cleaning (Sign-up)	10:00 <b>SA</b> Wellness Session Incontinence Information	3:00 <b>CAFÉ</b> Happy Hour			
		12:00 <b>DR</b> Shrove Tuesday Special Pancake Lunch	Followed by: Ask a Pharmacist				
6:30 <b>SA</b> Hymn Sing		2:00 <b>H3</b> Brain Teasers	2:00 <b>SA</b> Chapel – Pastor Tolu				
			7:00 <b>DR</b> BINGO with Lauren				
26	27	28	 <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><i>Let all that you do be done in love.</i></p> <p>1 Corinthians 16:14 (ESV)</p> </div>				
	9:30 <b>H3</b> Monday Movement (Guest) Haven Residents	9:30 <b>H3</b> Gentle Fitness (Guest) Haven Resident					
10:00 Emmanuel Church Service Ch.398	10:15 <b>H3</b> Monday Movement (Guest) All Residents	10:15 <b>H3</b> Gentle Fitness (Guest) All Residents					
	2:00 <b>H3</b> Paint N' Sip (Sign-up)	2:00 <b>H3</b> FUN Bingo					
6:30 <b>SA</b> Hymn Sing	2:30 <b>CAFÉ</b> Men's Pub Social (Sign-up Required)						
	6:30 <b>SA</b> Chinese Massage (Sign-up)						

**H2 = Haven 2nd Floor**    **CAFÉ = Shalem Café**  
**H3 = Haven 3rd Floor**    **CY = Courtyard**  
**SA = Shalem Atrium**    **MS = Meeting Space**  
**DR = Dining Room**    **MH = Main Hall by TV**  
**SPA = Haven 2<sup>nd</sup> Floor Spa Room**