

FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 John 4:7-8

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										GROUNDHOG DAY			
										1		2	
										<i>No exercise class today</i>		3	
										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		10:00 MH Saturday Strides 2:00 H2 Cards/ Games 2:00 CAFÉ Scrabble 6:00 MH Saturday Strides 7:00 H2 Cards/ Games	
										8		9	
										9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 5:00 DR Chinese Dinner 7:00 DR Chinese Lion Dance <i>Entertainment</i>		9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 SA Gather n' Thread 2:00 H2 Cards/ Games 7:00 SA Movie Night: <i>The Colour Purple</i>	
										15		16	
										9:30 H3 Fitness: Fascia Flow 10:15 H3 Fitness: Fascia Flow 11:30 Bus Trip: Edelweiss Village 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games		9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 SA Gather n' Thread 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games 7:00 SA Movie Night: <i>The Notebook</i>	
										22		23	
										9:30 H3 Sit N' Fit 9:30 Bus Trip: North Hill Mall 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour		9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 SA Gather n' Thread 2:00 H2 Cards/ Games 7:00 SA Movie Night: <i>The Hill</i>	
										29		SHALEM SPACES	
										9:30 H3 Sit N' Fit 9:30 Bus Trip: It's A Mystery! 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour <i>Celebrating Leap Year</i>		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 CY = Courtyard MH = Main Hall by Leasing Office	
										4		5	
										10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games		9:30 H3 Sit N' Fit 10:15 H3 Monday Movement 1:00 SA Music Sing-a-long 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	
										6		7	
										9:30 H3 Gentle Fitness 10:00 SA Bible Study Group 10:15 H3 Sit N' Fit 2:00 H3 Brain Teasers 7:00 H2 Card Bingo		9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Keith 3:00 SA Manor Meeting (Qtr) 7:00 DR BINGO with Lauren	
										11		12	
										10:00 Emmanuel Church 2:00 H2 Cards/ Games 4:30 CAFÉ Super Bowl LVIII 6:30 SA Hymn Sing 7:00 H2 Cards/ Games		9:00 WC Hearing Clinic 9:30 H3 Sit N' Fit 10:15 H3 Zumba 1:30 DR Coffee Connection 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	
										13		14	
										VALENTINE'S DAY		17	
										9:30 H3 Gentle Fitness 10:00 SA Bible Study Group 10:00 CAFÉ Blood Pressure Clinic 10:15 H3 Sit N' Fit 2:00 DR Birthday Party 7:00 SA Wine Tasting		10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor David 5:00 DR Valentine's Dinner 6:00 MH Wednesday Walking 7:00 SA Movie Night: <i>Breakfast at Tiffany's</i> 7:00 H2 Cards/ Games	
										18		19	
										FAMILY DAY		24	
										10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games		9:30 H3 Sit N' Fit 2:00 H2 Cards/ Games 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	
										20		21	
										9:30 H3 Gentle Fitness 10:00 SA Bible Study Group 10:15 H3 Sit N' Fit 2:00 DR Music with Romeo 7:00 H2 Card Bingo		9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil 7:00 DR BINGO with Lauren	
										25		26	
										27		28	
										LEAP DAY		SHALEM SPACES	
										10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games		9:30 H3 Sit N' Fit 10:15 H3 Fitness: Fascia Flow 2:00 H2 Cards/ Games 2:00 H3 Paint N' Sip 2:30 CAFÉ Men's Pub Social 7:00 DR 50s Rock n' Roll <i>Music & Dance</i>	
										9:30 H3 Gentle Fitness 10:00 SA Bible Study Group 10:00 CAFÉ Wellness Session <i>Heart Health</i> 10:15 H3 Sit N' Fit 1:00 SPA Massage with Will 2:00 SA Bible Trivia 7:00 H2 Card Bingo		10:15 H3 Chair Yoga with Cari 11:00 CAFÉ Tim Horton's Club 2:00 SA Chapel: Pastor Tolu 6:00 MH Wednesday Walking 7:00 H2 Cards/ Games	

TV Channel 398 for Emmanuel Church

