


Shalems' calendar has a new look! It now incorporates resident cards and games, as well as wellness services, to better showcase the variety of activities Shalem has to offer. We encourage you to participate. There's something for everyone!

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHALEM SPACES H2 = Haven 2nd Floor CAFE = Shalem Café SA = Shalem Atrium DR = Dining Room SPA = Haven 2nd Flr. Spa Room			1 9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor David 7:00 H2 Rummy	2 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Canasta 3:00 CAFÉ Happy Hour 7:00 H2 Spite & Malice	3 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 H2 Mexican Train 7:00 H2 Golf Cards	4 2:00 H2 Tile Rummy 7:00 H2 Rummy
5 10:00 Emmanuel Church 2:00 H2 Canasta 6:30 SA Hymn Sing 7:00 H2 Golf Cards	6 9:30 H3 Monday Movement 10:00 WC Hearing Clinic 10:10 H3 Zumba 1:30 DR Coffee Connection 2:00 H2 Lucky Unders Game 7:00 H2 Rummy		7 9:30 H3 Gentle Fitness 9:30 BUS Trip to Walmart 10:15 H3 Sit N' Fit 7:00 H2 Card Bingo	8 9:30 H3 Sit N' Fit 10:00 CAFÉ Blood Pressure Clinic 10:00 MH Tuck Shop 11:00 CAFÉ Tim Horton's Club 2:00 SA Chapel: Pastor Harry 7:00 DR BINGO with Lauren 7:00 H2 Rummy	9 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H3 Brain Teasers 2:00 H2 Canasta 3:00 CAFÉ Happy Hour 7:00 H2 Spite & Malice	10 9:30 H3 Sit N' Fit 10:15 SA Wellness Session: Building Communities 2:00 H2 Mexican Train 7:00 H2 Golf Cards
12 10:00 Emmanuel Church 2:00 H2 Canasta 6:30 SA Hymn Sing 7:00 H2 Golf Cards	13 9:30 H3 Sit N' Fit 10:10 H3 Monday Movement 2:00 H2 Lucky Unders Game 2:00 SA Manor Meeting 6:30 SA Chinese Massage 7:00 H2 Rummy	14 9:30 H3 Gentle Fitness 10:00 WC Hearing Clinic 10:15 H3 Sit N' Fit 2:00 DR Birthday Party 7:00 H2 Card Bingo	15 9:30 H3 Sit N' Fit 11:00 BUS Concert at Knox 2:00 SA Chapel: Pastor Kevin 4:00 SA Reflexology 7:00 H2 Rummy	16 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Canasta 2:15 DR Story Sharing (CCS) 3:00 CAFÉ Happy Hour 7:00 H2 Spite & Malice	17 9:30 H3 Sit N' Fit 10:00 SA Clothing Sale 2:00 H2 Mexican Train 2:00 CAFÉ St. Patrick's Social 7:00 H2 Golf Cards	18 2:00 H2 Tile Rummy 7:00 H2 Rummy
19 10:00 Emmanuel Church 2:00 H2 Canasta 6:30 SA Hymn Sing 7:00 H2 Golf Cards	20 9:30 H3 Monday Movement 10:00 SPA Dental Clinic 10:10 H3 Zumba 2:00 H2 Lucky Unders Game 7:00 H2 Rummy	21 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H3 Music: Sing-a-long 7:00 H2 Card Bingo 7:00 SA Movie: Resident Pick	22 9:30 H3 Sit N' Fit 10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor Tolu 7:00 DR BINGO with Lauren 7:00 H2 Rummy	23 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 SA New Resident Coffee 2:00 H2 Canasta 3:00 CAFÉ Happy Hour 7:00 H2 Spite & Malice	24 9:30 H3 Sit N' Fit 10:30 SA Story Telling Series 2:00 H2 Mexican Train 7:00 H2 Golf Cards	25 10:00 CAFÉ Espresso Café 2:00 H2 Tile Rummy 7:00 H2 Rummy
26 10:00 Emmanuel Church 2:00 H2 Canasta 6:30 SA Hymn Sing 7:00 H2 Golf Cards	27 9:30 H3 Monday Movement 2:00 H3 Paint N' Sip 2:00 H2 Lucky Unders Game 2:30 CAFÉ Men's Pub Social 7:00 H2 Rummy	28 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H3 Memory Connect 7:00 H2 Card Bingo	29 9:30 H3 Sit N' Fit 10:00 SA Wellness Session: Sleep Essentials 2:00 SA Chapel: Pastor Allan 7:00 H2 Rummy	30 9:30 H3 Sit N' Fit 10:45 BUS Rivercross Ranch 2:00 H2 Canasta 2:00 GR Shuffle Board 3:00 CAFÉ Happy Hour 7:00 H2 Spite & Malice	31 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 H2 Mexican Train 7:00 H2 Golf Cards	