

# MARCH 2024

**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

**SHALEM SPACES**  
**H2** = Haven 2nd Floor      **SPA** = Haven 2nd Flr. Spa Room  
**CAFE** = Shalem Café      **WC** = Wellness Centre  
**H3** = Haven 3rd Floor      **GR** = Games Room  
**SA** = Shalem Atrium      **CY** = Courtyard  
**DR** = Dining Room      **MH** = Main Hall by Leasing Office

*TV Channel 398 for Emmanuel Church*

**MS** = Manor Social Rm



			<b>1</b>				<b>2</b>
9:30	H3	Sit N' Fit		2:00	H2	Cards/ Games	
10:00	CAFÉ	Espresso Café		2:00	MH	Saturday Strides	
2:00	H2	Cards/ Games		7:00	H2	Cards/ Games	
2:00	SA	Gather n' Thread					
7:00	SA	Movie Night: <i>Miracles from Heaven</i>					

<b>3</b>			<b>4</b>			<b>5</b>			<b>6</b>			<b>7</b>			<b>8</b>			<b>9</b>					
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Gentle Fitness	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	2:00	H2	Cards/ Games	2:00	MH	Saturday Strides
2:00	H2	Cards/ Games	10:15	H3	Monday Movement	10:00	MS	Bible Study Group	2:00	SA	Chapel: Pastor David	10:15	H3	Gentle Fitness	10:00	CAFÉ	Espresso Café	2:00	H2	Cards/ Games	2:00	MH	Saturday Strides
6:30	SA	Hymn Sing	11:00	CAFÉ	Health Matters	10:15	H3	Sit N' Fit	6:00	MH	Wednesday Walking	3:00	CAFÉ	Happy Hour	2:00	H2	Cards/ Games	6:30	SA	Movie Night: <i>Secretariat</i>	7:00	H2	Cards/ Games
7:00	H2	Cards/ Games	1:30	DR	Coffee Connection	2:00	SA	Violin Concert	7:00	DR	BINGO with Lauren	7:00	H2	Cards/ Games									
			2:00	H2	Cards/ Games	7:00	H2	Card Bingo				7:00	SA	Wines with Barry									

<b>10</b>			<b>11</b>			<b>12</b>			<b>13</b>			<b>14</b>			<b>15</b>			<b>16</b>					
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Gentle Fitness	10:15	H3	Chair Yoga with Cari	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	1:00	SPA	Massage (Iuliia)	2:00	H2	Cards/ Games
2:00	H2	Cards/ Games	10:15	H3	Fitness: Fascia Flow	10:00	MS	Bible Study Group	10:30	MH	Tuck Shop	10:15	H3	Gentle Fitness	10:00	CAFÉ	Espresso Café	2:00	H2	Cards/ Games	2:00	MH	Saturday Strides
6:30	SA	Hymn Sing	11:00	CAFÉ	Health Matters	10:15	H3	Sit N' Fit	2:00	SA	Chapel: Pastor Martin	2:00	H3	Brain Teasers	11:00	Bus Trip: Concert at Knox		2:00	SA	Gather n' Thread	2:00	SA	Books & Brew
7:00	H2	Cards/ Games	1:00	SA	Therapeutic Music	2:00	DR	Birthday Party <i>Jerry Proppe</i>	6:00	MH	Wednesday Walking	3:00	CAFÉ	Irish Happy Hour	2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games
			2:00	H2	Cards/ Games				7:00	H2	Cards/ Games	7:00	H2	Cards/ Games	6:30	SA	Movie Night: <i>NYAD</i>						
			6:30	SA	Chinese Massage																		

<b>St. Patrick's Day 17</b>			<b>18</b>			<b>19</b>			<b>20</b>			<b>21</b>			<b>22</b>			<b>23</b>					
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Gentle Fitness	9:30	H3	Sit N' Fit	9:00	Bus Trip: High River Tour		9:30	H3	Sit N' Fit	2:00	H2	Cards/ Games	2:00	H2	Cards/ Games
2:00	H2	Cards/ Games	10:15	H3	Monday Movement	10:00	MS	Bible Study Group	10:30	H3	Decorate Easter Eggs	9:30	H3	Sit N' Fit	10:00	CAFÉ	Espresso Café	2:00	DR	Rhythm Kats Music	1:00	Bus Trip: Theatre	
6:30	SA	Hymn Sing	11:00	CAFÉ	Health Matters	10:15	H3	Sit N' Fit	2:00	SA	Chapel: Pastor Phil	10:15	H3	Gentle Fitness	2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	2:00	MH	Saturday Strides
7:00	H2	Cards/ Games	1:00	SA	Piano Concert	2:00	SA	Bible Trivia	6:00	MH	Wednesday Walking	3:00	CAFÉ	Happy Hour	6:30	SA	Movie Night: <i>The Chosen Episode 1</i>	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games
			2:00	H2	Cards/ Games	7:00	H2	Card Bingo	7:00	DR	BINGO with Lauren												
			7:00	H2	Cards/ Games	7:00	DR	Music Quartet															

<b>24</b>			<b>25</b>			<b>26</b>			<b>27</b>			<b>28</b>			<b>Good Friday 29</b>			<b>30</b>					
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Gentle Fitness	10:15	H3	Chair Yoga with Cari	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	1:00	SPA	Massage (Iuliia)	2:00	H2	Cards/ Games
2:00	H2	Cards/ Games	10:15	H3	Fitness: Fascia Flow	10:15	H3	Sit N' Fit	11:00	CAFÉ	Tim Horton's Club	10:15	H3	Gentle Fitness	10:00	Good Friday Service <i>Emmanuel Church</i>		2:00	H2	Cards/ Games	2:00	MH	Saturday Strides
6:30	SA	Hymn Sing	11:00	CAFÉ	Health Matters	2:00	SA	Wellness Session <i>Self-massage Techniques</i>	2:00	SA	Chapel: Pastor Harry	2:00	CAFÉ	Vinyl Vibes				2:00	MH	Saturday Strides	2:00	H2	Cards/ Games
7:00	H2	Cards/ Games	2:00	H2	Cards/ Games	3:30	SPA	Massage with Will	6:00	MH	Wednesday Walking	3:00	CAFÉ	Happy Hour				7:00	H2	Cards/ Games	7:00	H2	Cards/ Games
			2:00	H3	Paint N' Sip	6:30	CAFÉ	Music in the Café	7:00	H2	Cards/ Games												
			2:30	CAFÉ	Men's Pub Social	7:00	H2	Card Bingo															

**Easter Sunday 31**

10:00 Emmanuel Church  
*Easter Service*

2:00 H2 Cards/ Games

6:30 SA Hymn Sing

7:00 H2 Cards/ Games



**Romans 10:9**  
 If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

