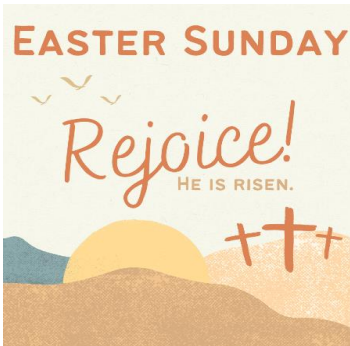


April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4	5	6	
	9:30 H3 Sit N' Fit 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor David Easter Dinner 4:30 DR Seating #1 7:00 DR Seating #2 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:00 DO TAX Clinic (By Appt.) 2:00 SA Gather N' Thread 2:00 H2 Cards/ Games 6:30 SA Movie Night: <i>Gifted Hands: The Ben Carson Story</i>	1:00 DO TAX Clinic (Appt.) 1:00 SPA Massage (Iuliia) 2:00 H2 Cards/ Games 2:00 MH Saturday Strides 7:00 H2 Cards/ Games	
	7	8	9	10	11	12	13
	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 1:30 DR Coffee Connection 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:00 SA Blood Pressure Clinic 10:15 H3 Sit N' Fit 2:00 DR Birthday Party <i>Wild Rose Duo</i> 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor Ed 6:00 MH Wednesday Walking 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 9:30 Bus Trip: Walmart 10:00 MS Bible Study Group 10:15 H3 Gentle Fitness 2:00 SA Spring Sing-a-long 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:00 SA Clothing Sale 1:00 DO TAX Clinic (By Appt.) 2:00 DR Youth Piano Concert 2:00 H2 Cards/ Games 6:30 SA Movie Night: <i>The Dish</i>	1:00 DO TAX Clinic (Appt.) 1:00 SPA Massage (Iuliia) 2:00 H2 Cards/ Games 2:00 MH Saturday Strides 7:00 H2 Cards/ Games
14	15	16	17	18	19	20	
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 11:00 SA Health Matters - Izel <i>Green Sleeve & Goals of Care</i> 1:00 SA Therapeutic Music 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:00 SA Wellness Session <i>Irritable Bowl Syndrome</i> 10:15 H3 Sit N' Fit 2:00 SA Cat Club 3:00 H2 Haven Qtrly Meeting 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Phil 6:00 MH Wednesday Walking 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:00 MS Bible Study Group 10:15 H3 Gentle Fitness 2:00 H3 Brain Teasers 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:00 Bus Trip: Fort Calgary 2:00 H2 Cards/ Games 6:30 SA Movie Night: <i>Buena Vista Social Club</i>	10:30 SA Books & Brew 2:00 H2 Cards/ Games 2:00 MH Saturday Strides 7:00 H2 Cards/ Games	
21	22	23	24	25	26	27	
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 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Tolu 6:00 MH Wednesday Walking 7:00 H2 Cards/ Games	9:00 Bus Trip: High River Tour 9:30 H3 Sit N' Fit 10:00 MS Bible Study Group 10:15 H3 Gentle Fitness 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 6:30 SA Movie Night: <i>The Chosen: Episodes 3&4</i>	2:00 H2 Cards/ Games 2:00 MH Saturday Strides 7:00 H2 Cards/ Games	
28	29	30	<p>Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. - 1 Peter 1:3</p>				
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 2:00 H2 Cards/ Games 2:30 CAFÉ Men's Pub Social 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H3 Spring Craft 7:00 H2 Card Bingo					

SHALEM SPACES

H2 = Haven 2nd Floor
CAFE = Shalem Café

SPA = Haven 2nd Flr. Spa Room
HC = Health Clinic

H3 = Haven 3rd Floor
SA = Shalem Atrium

DR = Dining Room
DO = Dorothy's Office

GR = Games Room
CY = Courtyard

MH = Main Hall by Leasing Office
MS = Manor Social Rm

TV Channel 398 for Emmanuel Church