

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9:30 H3 Sit N' Fit 10:00 WC Hearing Clinic 10:10 H3 Monday Movement 1:30 DR Coffee Connection	9:30 H3 Sit N' Fit 10:00 SPA Dental Clinic 10:15 H3 Gentle Fitness 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Adrian 2:00 H3 COVID Booster 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness NO HAPPY HOUR 5:00 DR Cinco de Mayo Dinner 5:30 DR Cinco de Mayo DANCE	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 SA Memorial for Edna 7:00 H2 Cards/ Games	8:00AM SA (TV) - The Coronation <i>King Charles & Queen Consort</i> 2:00 H2 Cards/ Games 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 10:10 H3 Monday Movement 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 DR Birthday Party 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor David 7:00 DR BINGO with Lauren 7:00 H2 Cards/ Games	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	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 SA Story Telling: Norm 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	11:00 DR Mother's Day Brunch 1:00 SPA Massage (Julia) 2:00 H2 Cards/ Games 7:00 SA Piano Concert 7:00 H2 Cards/ Games
<i>Mother's Day</i> 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	NO FITNESS CLASS 2:00 H2 Cards/ Games 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 10:30 SA Wellness Session <i>Lower Back Pain Management</i> 2:00 H3 Brain Teasers 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:00 CAFÉ Blood Pressure Clinic 10:30 H2 Table Talk & Snacks 2:00 SA Chapel: Yvonne 7:00 H2 Cards/ Games 7:00 SA Movie: Resident Pick	9:30 H3 Sit N' Fit 9:30 BUS TRIP: North Hill Mall 10:15 H3 Gentle Fitness 2:00 H2 Cards/ Games 3:00 CAFÉ Happy Hour	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
21	<i>Victoria Day</i> 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 Monday Movement 10:10 H3 Zumba 2:00 H2 Cards/ Games 2:00 H3 Paint N' Sip 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 Memory Connect 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor Tolu 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 SA Piano Sing-a-long 3:00 CAFÉ Happy Hour	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 11:30 BUS TRIP: Chinese Cultural <i>Centre: Lunch & Tour</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
28	29	30	31	SHALEM SPACES H2 = Haven 2nd Floor CAFÉ = Shalem Café SA = Shalem Atrium DR = Dining Room H3 = Haven 3rd Floor <i>TV Channel 398 for Emmanuel Church</i> GR = Games Room SPA = Haven 2nd Flr. Spa Room WC = Wellness Centre MH = Main Hall by TV		
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 10:10 H3 Monday Movement 2:00 H2 Cards/ Games 2:00 - 4:00 SA Provincial Voting <i>See Poster for Building Times</i> 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 CY New: Walking Club 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 11:00 CAFÉ Tim Horton's Club 2:00 SA Chapel: Pastor Mike 7:00 H2 Cards/ Games			

"Seek the LORD and his strength; seek his presence continually!" - 1 Chronicles 16:11