

# May 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

So that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God.  
- Colossians 1:10

1		2		3		4																													
9:30 H3 Sit N' Fit	2:00 SA Chapel: Pastor David	6:00 MH Wednesday Walking	7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit	10:00 MS Bible Study Group	10:15 H3 Gentle Fitness	3:00 CAFÉ Happy Hour <i>Cinco de Mayo Theme</i>	7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit	10:00 CAFÉ Espresso Café	2:00 SA Gather N' Thread	6:30 SA Movie: <i>The Mission</i>	2:00 H2 Cards/ Games	2:00 MH Saturday Strides	7:00 H2 Cards/ Games																				
5		6		7		8		9		10		11																							
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	1:00 SA Piano with Heather	2:00 H2 Cards/ Games	7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness	2:00 H3 Memory Care	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 DR BINGO with Lauren	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 Health Info Session <i>Aging in Place at Shalem</i>	2:00 H2 Cards/ Games	6:30 SA Movie: <i>My Fair Lady</i>	11:00AM Dining Room <i>Mother's Day Brunch</i>	2:00 H2 Cards/ Games	2:00 MH Saturday Strides	7:00 H2 Cards/ Games							
12		13		14		15		16		17		18																							
<i>Mother's Day</i>	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	1:30 DR Coffee Connection	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	2:00 DR Birthday Party <i>Entertainment by Romeo</i>	6:15 Bus Trip: First Alliance <i>Calgary Christian Legacy Concert</i>	7:00 H2 Card Bingo	9:30 H3 Sit N' Fit	10:00 SA Blood Pressure Clinic	10:30 MH Tuck Shop	11:00 CAFÉ Jelly Modern <i>Doughnuts - First Come, First Served</i>	2:00 SA Chapel: Pastor Phil	6:00 MH Wednesday Walking	7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit	<i>No Bible Study This Week</i>	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	2:00 SA Gather N' Thread	6:30 SA Movie: <i>The War with Grandpa</i>	2:00 H2 Cards/ Games	2:00 MH Saturday Strides	7:00 H2 Cards/ Games
19		20 VICTORIA DAY		21		22		23		24		25																							
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	7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness	10:15 H3 Sit N' Fit	6:00 SA Health Info Session <i>Aging in Place at Shalem</i>	7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari	2:00 SA Chapel: Pastor Tolu	6:00 MH Wednesday Walking	7:00 H2 Cards/ Games	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	9:00 CP Mobile Dental (Appt.)	9:30 H3 Sit N' Fit	10:00 CAFÉ Espresso Café	2:00 H2 Cards/ Games	6:30 SA Movie: <i>Tyson's Run</i>	10:30 SA Books & Brew	2:00 H2 Cards/ Games	2:00 MH Saturday Strides	7:00 H2 Cards/ Games							
26		27		28		29		30		31																									
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>Arthritis Awareness</i>	2:00 H2 Cards/ Games	7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness	10:15 H3 Sit N' Fit	11:30 Bus Trip: Central Library					7:00 DR Elvis Presley Show	7:00 H2 Card Bingo	9:30 H3 Sit N' Fit	10:30 MH Tuck Shop	2:00 SA Chapel: Pastor Martin	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	10:45 Bus Trip: Rivercross Ranch	3:00 CAFÉ Happy Hour	7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit	10:00 CAFÉ Espresso Café	2:00 H3 Paint N' Sip	2:00 SA Gather N' Thread	2:00 H2 Cards/ Games	6:30 SA Movie: <i>The Chosen: Episodes 5&amp;6</i>	

## 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

CP = Church Parking Lot  
TV Channel 398 for Emmanuel Church