

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
SHALEM SPACES H2 = Haven 2nd Floor CAFE = Shalem Café SA = Shalem Atrium DR = Dining Room				H3 = Haven 3rd Floor GR = Games Room SPA = Haven 2nd Flr. Spa Room CY = Courtyard		WC = Wellness Centre MH = Main Hall by TV <i>TV Channel 398 for Emmanuel Church</i>		1	2	3
				9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit					
				10:15 H3 Gentle Fitness	10:00 CAFÉ Espresso Café					
				2:00 H2 Cards/ Games	2:00 H2 Cards/ Games	2:00 H2 Cards/ Games				
				3:00 CAFÉ Happy Hour	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games				
				5:30 Outing: Community Walk						
				7:00 H2 Cards/ Games						
4	5	6	7	8	9	10				
SENIORS' WEEK										
10:00 Emmanuel Church	9:30 H3 Movemnet Monday	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	10:00 WC Hearing Clinic	10:00 SA Webinar:	10:00 CAFÉ Blood Pressure Clinic	10:00 SA Webinar: Scams	2:00 H2 Cards/ Games	10:00 CAFÉ Espresso Café				
6:30 SA Hymn Sing	1:30 DR Coffee Connection	<i>Seniors Benefits & Credits</i>		10:15 H3 Gentle Fitness	7:00 H2 Cards/ Games	1:00 SPA Massage (Iuliia)				
7:00 H2 Cards/ Games	2:00 H2 Cards/ Games	10:15 H3 Sit N' Fit	<i>Brain Health Coaching</i>	2:00 H2 Cards/ Games	7:00 SA Wine & Tapas (Spain)	2:00 H2 Cards/ Games				
	7:00 H2 Cards/ Games	1:30 Bus Trip: Concert at Kerby	2:00 SA Chapel: Pastor David	2:00 CY Walking Club		7:00 H2 Cards/ Games				
		2:00 H3 Paint N' Sip	7:00 DR BINGO with Lauren	3:00 CAFÉ Happy Hour						
		7:00 H2 Card Bingo	7:00 H2 Cards/ Games	<i>& Karaoke with Youth</i>						
				7:00 H2 Cards/ Games						
11	12	13	14	15	16	17				
10:00 Emmanuel Church	9:30 H3 Monday Movement	9:30 H3 Gentle Fitness	10:15 H3 Chair Yoga with Cari	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit					
2:00 H2 Cards/ Games	2:00 H2 Cards/ Games	10:15 H3 Sit N' Fit	10:00 CAFÉ Blood Pressure Clinic	10:15 H3 Gentle Fitness	2:00 H2 Cards/ Games					
6:30 SA Hymn Sing	6:30 SA Chinese Massage	10:30 H2 Memory Connect	12:00 CY/DR Father's Day BBQ	11:00 Bus Trip:	7:00 H2 Cards/ Games	2:00 H2 Cards/ Games				
7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	2:00 DR Birthday Party	2:00 SA Chapel: Harry	<i>Inglewood Bird Sanctuary</i>		7:00 H2 Cards/ Games				
		7:00 H2 Card Bingo	7:00 H2 Cards/ Games	2:00 H2 Cards/ Games						
				3:00 CAFÉ Happy Hour						
18	19	20	21	22	23	24				
10:00 Emmanuel Church	9:30 H3 Monday Movement	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 H2 Cards/ Games	10:15 H3 Sit N' Fit	11:00 CAFÉ Tim Horton's Club	10:15 H3 Gentle Fitness	10:30 SA Story Telling Series	2:00 H2 Cards/ Games				
6:30 SA Hymn Sing	7:00 H2 Cards/ Games	12:00 CY Hot Dog Lunch	2:00 SA Chapel: Yvonne	10:30 H2 Table Talk & Snacks	2:00 H2 Cards/ Games	1:00 SPA Massage (Iuliia)				
7:00 H2 Cards/ Games		<i>& Ice Cream with CCS Grade 6</i>	7:00 DR BINGO with Lauren	2:00 CY Walking Club	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games				
		7:00 H2 Card Bingo		3:00 CAFÉ Happy Hour						
25	26	27	28	29	30					
10:00 Emmanuel Church	9:30 H3 Monday Movement	9:30 H3 Gentle Fitness	10:15 H3 Chair Yoga with Cari	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit					
2:00 H2 Cards/ Games	2:00 H2 Cards/ Games	10:15 H3 Sit N' Fit	9:00 Bus Trip: Calgary Zoo	10:15 H3 Gentle Fitness	10:00 CAFÉ Espresso Café					
6:30 SA Hymn Sing	2:15 DR Celebrate Canada	2:00 DR USA Youth Choir	<i>Wildscapes Topiary Garden</i>	2:00 H3 Brain Teasers	10:00 SA Clothing Sale					
7:00 H2 Cards/ Games	<i>Calgary Fiddlers</i>	7:00 H2 Card Bingo	2:00 SA Chapel: Pastor Allen	3:00 CAFÉ Happy Hour	2:00 H2 Cards/ Games					
	7:00 H2 Cards/ Games		7:00 SA Movie: Resident Pick		7:00 H2 Cards/ Games					
			7:00 H2 Cards/ Games							

"From the rising of the sun to the place where it sets, the name of the Lord is to be praised." - Psalm 113:3