


June 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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		EC= Emmanuel Church		TV Channel 398 for Emmanuel Church				1 2:00 H2 Cards/ Games 2:00 MH Saturday Strides 7:00 H2 Cards/ Games	
---	--	--	--	---	--	---	--	---------------------	--	--	--	---	--	--	--

2		Seniors' Week 3		4		5		6		7		8	
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	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	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	10:00 SA Be Scam Smart (CRA)	10:00 SA Senior Benefits (CRA)	10:00 SA Blood Pressure Clinic	10:00 SA Blood Pressure Clinic	10:00 SA Blood Pressure Clinic	10:00 SA Blood Pressure Clinic	10:00 SA Blood Pressure Clinic	10:00 MS Bible Study Group	10:00 MS Bible Study Group	10:00 MS Bible Study Group	10:00 MS Bible Study Group	2:00 H2 Cards/ Games	2:00 MH Saturday Strides
6:30 SA Hymn Sing	2:00 H2 Cards/ Games	10:15 H3 Sit N' Fit	11:00 CAFÉ Bread Give-A-Way	11:00 CAFÉ Bread Give-A-Way	11:00 CAFÉ Bread Give-A-Way	11:00 CAFÉ Bread Give-A-Way	11:00 CAFÉ Bread Give-A-Way	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	2:00 H2 Cards/ Games	7:00 H2 Cards/ Games
7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	2:00 CAFÉ Resident Social	2:00 SA Chapel: Pastor Keith	2:00 SA Chapel: Pastor Keith	2:00 SA Chapel: Pastor Keith	2:00 SA Chapel: Pastor Keith	2:00 SA Chapel: Pastor Keith	2:00 H3 Memory Care	2:00 H3 Memory Care	2:00 H3 Memory Care	2:00 H3 Memory Care	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
	7:00 DR Italian Dancers	7:00 H2 Card Bingo	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	6:30 SA Movie:	6:30 SA Movie:
			7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
			7:30 EC Shalem AGM	7:30 EC Shalem AGM	7:30 EC Shalem AGM	7:30 EC Shalem AGM	7:30 EC Shalem AGM	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games

9		10		11		12		13		14		15	
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	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	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 SA Akin & Ruth
2:00 H2 Cards/ Games	1:30 DR Coffee Connection	10:15 H3 Sit N' Fit	10:30 MH Tuck Shop	10:30 MH Tuck Shop	10:30 MH Tuck Shop	10:30 MH Tuck Shop	10:30 MH Tuck Shop	10:00 MS Bible Study Group	10:00 MS Bible Study Group	10:00 MS Bible Study Group	10:00 MS Bible Study Group	2:00 SA Akin & Ruth	2:00 SA Akin & Ruth
6:30 SA Hymn Sing	2:00 H2 Cards/ Games	2:00 DR Birthday Party	2:00 SA Chapel: Pastor Ed	2:00 SA Chapel: Pastor Ed	2:00 SA Chapel: Pastor Ed	2:00 SA Chapel: Pastor Ed	2:00 SA Chapel: Pastor Ed	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	2:00 H2 Cards/ Games	7:00 H2 Cards/ Games
7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	Entertainment by Dwayne Fettig	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	12:00 CY Father's Day Lunch	12:00 CY Father's Day Lunch	12:00 CY Father's Day Lunch	12:00 CY Father's Day Lunch	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
		7:00 H2 Card Bingo	7:00 DR BINGO with Lauren	7:00 DR BINGO with Lauren	7:00 DR BINGO with Lauren	7:00 DR BINGO with Lauren	7:00 DR BINGO with Lauren	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	6:30 SA Movie:	6:30 SA Movie:
								7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	6:30 SA Movie:	6:30 SA Movie:
												6:30 SA Movie:	6:30 SA Movie:
												6:30 SA Movie:	6:30 SA Movie:

16		17		18		19		20		Indigenous Peoples' Day 21		22	
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	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	10:30 SA Books & Brew	10:30 SA Books & Brew
2:00 H2 Cards/ Games	10:30 H3 Monday Movement	10:00 SA Wellness Session	2:00 SA Chapel: Pastor Phil	2:00 SA Chapel: Pastor Phil	2:00 SA Chapel: Pastor Phil	2:00 SA Chapel: Pastor Phil	2:00 SA Chapel: Pastor Phil	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	2:00 H2 Cards/ Games	2:00 H2 Cards/ Games
6:30 SA Hymn Sing	1:00 SA Therapeutic Music	Headaches & Migraines	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	6:00 MH Wednesday Walking	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	2:00 H2 Cards/ Games	2:00 H2 Cards/ Games
7:00 H2 Cards/ Games	2:00 H2 Cards/ Games	10:15 H3 Sit N' Fit	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	2:00 MH Saturday Strides	2:00 MH Saturday Strides
	7:00 H2 Cards/ Games	2:00 H3 Brain Teasers	7:00 DR Story Stones	7:00 DR Story Stones	7:00 DR Story Stones	7:00 DR Story Stones	7:00 DR Story Stones					7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
		7:00 H2 Card Bingo	7:00 DR Story Stones	7:00 DR Story Stones	7:00 DR Story Stones	7:00 DR Story Stones	7:00 DR Story Stones					7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
												7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
												7:00 H2 Cards/ Games	7:00 H2 Cards/ Games

23		24		25		26		27		28		29	
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	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	9:30 H3 Sit N' Fit	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
2:00 H2 Cards/ Games	10:30 H3 Monday Movement	10:15 H3 Chair Yoga with Cari	9:30 Bus Trip: North Hill Mall	9:30 Bus Trip: North Hill Mall	9:30 Bus Trip: North Hill Mall	9:30 Bus Trip: North Hill Mall	9:30 Bus Trip: North Hill Mall	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	10:15 H3 Gentle Fitness	2:00 H2 Cards/ Games	2:00 H2 Cards/ Games
6:30 SA Hymn Sing	2:00 H3 Paint N' Sip	2:00 SA Chapel: Pastor Tolu	10:15 H3 Sit N' Fit	10:15 H3 Sit N' Fit	10:15 H3 Sit N' Fit	10:15 H3 Sit N' Fit	10:15 H3 Sit N' Fit	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	3:00 CAFÉ Happy Hour	2:00 MH Saturday Strides	2:00 MH Saturday Strides
7:00 H2 Cards/ Games	2:00 H2 Cards/ Games	6:00 MH Wednesday Walking	7:00 H2 Card Bingo	7:00 H2 Card Bingo	7:00 H2 Card Bingo	7:00 H2 Card Bingo	7:00 H2 Card Bingo	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
	7:00 H2 Cards/ Games	7:00 DR BINGO with Lauren										7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
												7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
												7:00 H2 Cards/ Games	7:00 H2 Cards/ Games
												7:00 H2 Cards/ Games	7:00 H2 Cards/ Games

30	
10:00 Emmanuel Church	
2:00 H2 Cards/ Games	
6:30 SA Hymn Sing	
7:00 H2 Cards/ Games	

Mightier than the thunder of the great waters, mightier than the breakers of the sea—the Lord on high is mighty.
Psalm 93:4

