



# July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>H2 = Haven 2nd Floor</b> <b>H3 = Haven 3rd Floor</b> <b>SA = Shalem Atrium</b> <b>DR = Dining Room</b>		<i>The generous will themselves be blessed, for they share their food with the poor.</i> - Proverbs 22:9			<b>Happy Canada Day!</b>	
3	4	5	6	7	8	9
<b>10:00 Emmanuel Church Service Ch.398</b>  <b>6:30 SA Hymn Sing</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>2:00 H3 Paint N' Sip With Carol</b> <b>6:30 SA Chinese Massage &amp; Tea (Sign-up Required)</b>	<b>9:30 H3 Sit N' Fit (Guest) Haven Residents</b> <b>10:15 H3 Sit N' Fit (Guest) All Residents</b> <b>11:30 Bus Trip Bowness Park -1:30 Bag Lunch (Sign-up required)</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>2:00 SA Chapel – All Residents Emmanuel CRC Pastor Cari</b> <b>7:00 DR BINGO with Lauren</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>3:00 CAFÉ Happy Hour</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b>	
10	11	12	13	14	15	16
<b>10:00 Emmanuel Church Service Ch.398</b>  <b>6:30 SA Hymn Sing</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>1:30 Coffee Connection With Dorothy de Vuyst</b>	<b>9:30 H3 Sit N' Fit (Guest) Haven Residents</b> <b>10:15 H3 Sit N' Fit (Guest) All Residents</b> <b>2:00 DR Birthday Party Entertainment – Rob Mann</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>2:00 SA Chapel – All Residents High River CRC Pastor David</b>	<b>9:30 H3 Sit N' Fit (Guest) Haven Residents</b> <b>10:15 H3 Sit N' Fit (Guest) All Residents</b> <b>12:00 DR/ CY Stampede Lunch -1:00 ALL BUILDINGS Entertainment - Dwayne Fettig</b> <b>3:00 CAFÉ Happy Hour</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b>	
17	18	19	20	21	22	23
<b>10:00 Emmanuel Church Service Ch.398</b>  <b>6:30 SA Hymn Sing</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>10:00 CAFÉ Espresso Café Drinks &amp; Shalem Pastries Available for Purchase</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>10:30 H3 Memory Connect</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>2:00 SA Chapel – All Residents First Luthern Pastor Kevin</b> <b>7:00 DR BINGO with Lauren</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>10:30 H3 Brain Teasers</b> <b>3:00 CAFÉ Happy Hour</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>1:00 Bus Trip</b> <b>-4:00 Chinook Honey Farm (Sign Up Required)</b>	
24	25	26	27	28	29	30
<b>10:00 Emmanuel Church Service Ch.398</b>  <b>6:30 SA Hymn Sing</b>	<b>9:30 H3 Monday Movement (Guest) Haven Residents</b> <b>10:15 H3 Monday Movement (Guest) All Residents</b>	<b>9:30 H3 Sit N' Fit (Guest) Haven Residents</b> <b>10:15 H3 Sit N' Fit (Guest) All Residents</b> <b>2:00 H3 FUN Bingo</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>2:00 SA Chapel – All Residents Retired Pastor Harry</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>10:15 H3 Sit N' Fit All Residents</b> <b>3:00 CAFÉ Happy Hour</b>	<b>9:30 H3 Sit N' Fit Haven Residents</b> <b>5:30 Evening in the Pergola Hot Dog Roast &amp; S'mores Emmanuel Church Pergola</b>	
31						
<b>10:00 Emmanuel Church Service Ch.398</b>  <b>6:30 SA Hymn Sing</b>						