



JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHALEM SPACES H2 = Haven 2nd Floor CAFE = Shalem Café				<i>TV Channel 398 for Emmanuel Church</i> WC = Wellness Centre GR = Games Room		 Canada Day
H3 = Haven 3rd Floor SA = Shalem Atrium		SPA = Haven 2nd Flr. Spa Room DR = Dining Room		CY = Courtyard MH = Main Hall by TV		
2	3	4	5	6	7	8
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	No Exercise Class 9:00 WC Hearing Clinic 2:00 H2 Cards/ Games 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:30 CY Walking Club 2:00 H2 Table Talk & Snacks 4:00 SA Manor Quartley Mtg. 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 11:00 CAFÉ Tim Horton's Club 2:00 SA Chapel 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cards/ Games 2:00 H3 Memory Connect 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
9	10	11	12	13	14	15
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	No Exercise Class 1:30 DR Coffee Connection 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 DR Birthday Party 4:00 SA Court Qaurterly Mtg. 7:00 H2 Card Bingo	9:00 Bus Trip: Calgary Zoo <i>Wildscapes Topiary Garden</i> 9:30 H3 Sit N' Fit 10:00 CAFÉ Blood Pressure Clinic 2:00 SA Chapel: Pastor David 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 1:30 Bus Trip: Glenbow Ranch <i>Golf Cart Tour - History & Ecology</i> 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	STAMPEDE BBQ LUNCH 12:00 CY BBQ & Music 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
16	17	18	19	20	21	22
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	No Exercise Class 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:30 CY Walking Club 2:00 H3 Paint N' Sip 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Rev. Phil 3:00 SA Youth Piano Concert 7:00 DR BINGO	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 2:00 H2 Cards/ Games 2:00 SA Reflexology 7:00 H2 Cards/ Games	2:00 H2 Cards/ Games 1:00 SPA Massage (Iuliia) 7:00 H2 Cards/ Games
23	24	25	26	27	28	29
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Monday Movement 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:30 CY Walking Club 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor Tolu 5:00 Hot Dog Roast: Pergola 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 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 H2 Cards/ Games 7:00 H2 Cards/ Games	2:00 H2 Cards/ Games 1:00 SPA Massage (Iuliia) 7:00 H2 Cards/ Games
30	31	<i>Song of Songs 2:12</i> <div style="border: 1px solid black; padding: 10px; text-align: center;"> Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land. </div>				
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	No Exercise Class 2:00 H2 Cards/ Games 2:30 CAFÉ Men's Pub Social 7:00 H2 Cards/ Games					