




JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CANADA DAY 1 10:00 CAFÉ Coffee & Cupcakes for Canada Day 	2 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H3 Brain Teasers 7:00 H2 Card Bingo	3 9:30 H3 Sit N' Fit 10:30 CAFÉ Tim Horton's Club 2:00 SA Chapel: Pastor Harry 3:00 SA Memorial for Don 7:00 H2 Cards/ Games	4 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	5 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:00 SA Clothing Sale 2:00 H2 Cards/ Games 6:30 SA Movie: <i>Shane</i>	6 10:30 MH Saturday Strides 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
	7 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	8 9:30 H3 Sit N' Fit 10:30 H3 Monday Movement 2:00 H3 Paint N' Sip 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9 9:30 H3 Gentle Fitness 10:00 SA Blood Pressure Clinic 10:15 H3 Sit N' Fit 2:00 DR Birthday Party <i>Entertainment by Doug Robb</i> 7:00 H2 Card Bingo	10 STAMPEDE BREAKFAST 8-10AM Everyone Welcome 2:00 SA Chapel: Pastor Martin 3:00 SA Memorial for Ruth 7:00 DR BINGO with Lauren	11 9:30 H3 Sit N' Fit 10:00 Bus Trip: <i>Saskatoon Farm</i> 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour <i>Stampede Western Wear</i> 7:00 H2 Cards/ Games	12 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 H2 Cards/ Games 6:30 SA Movie: <i>Break Every Chain</i>
14 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	15 9:30 H3 Sit N' Fit 1:00 SA Piano with Heather 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	16 9:00 Bus Trip: <i>High River</i> 9:30 H3 Gentle Fitness 2:00 H2 Memorial for Rhoda 7:00 H2 Card Bingo	17 9:30 CY Walking Group 10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor Phil 7:00 H2 Cards/ Games	18 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	19 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:00 H2 Cards/ Games 6:30 SA Movie: <i>One Life</i>	20 10:30 MH Saturday Strides 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
21 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	22 9:30 H3 Sit N' Fit 10:30 H3 Monday Movement 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	23 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 7:00 H2 Card Bingo	24 9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Tolu 3:00 CY Ice Cream Social	25 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H3 Painting Stones 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	26 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:00 CAFÉ 5th Ave Jewelry Sale 6:30 SA Movie: <i>Miracle</i>	27 10:30 MH Saturday Strides 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
28 10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	29 9:30 H3 Sit N' Fit 10:30 H3 Monday Movement 11:00 SA Health Matters- Izel <i>Function of Electrolytes in the Body</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	30 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 11:00 Bus Trip: <i>Bowness Park</i> 7:00 H2 Card Bingo	31 9:30 CY Walking Group 10:15 H3 Chair Yoga with Cari 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor David 7:00 DR BINGO with Lauren		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Jesus Christ is the same yesterday and today and forever. Hebrews 13:8</p> </div>	

SHALEM SPACES	H2 = Haven 2nd Floor CAFE = Shalem Café WC = Wellness Centre (Spa Room)	HC = Health Clinic H3 = Haven 3rd Floor	DR = Dining Room SA = Shalem Atrium	GR = Games Room CY = Courtyard	MH = Main Hall by Leasing Office MS = Manor Social Rm	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> TV Channel 398 for Emmanuel Church </div>
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