


# AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		9:30 H3 Gentle Fitness 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor David 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:00 H2 Cards/ Games 2:00 H2 Table Talk & Snacks 2:45 H2 Haven Quarterly Mtg. 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	1:00 SPA Massage (Iuliia) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	<i>Civic Holiday - Heritage Day</i>	9:30 H3 Gentle Fitness 2:00 DR Birthday Party 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Martin 7:00 DR BINGO	9:30 H3 Sit N' Fit 2:00 H2 Cards/ Games 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games 7:00 SA Movie Resident Pick	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 7:00 H2 Cards/ Games
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Monday Movement 1:15 Bus Trip: Glenbow Ranch <i>Golf Cart Tour - History &amp; Ecology</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:45 CY Walking Club 2:00 H3 Memory Connect 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:00 CAFÉ Blood Pressure Clinic 2:00 SA Chapel: Pastor Harry 4:45 CY BBQ & Dance 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 11:00 SPA Mobile Denturist 2:00 MSR Heart to Home <i>Presentation &amp; Food Tasting</i> 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	1:00 SPA Massage (Iuliia) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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 10:45 CY Walking Club 1:15 Bus Trip: Eau Claire Gin <i>Distillery Tour in Diamond Valley</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 SA Chapel: Rev. Phil 3:00 SA Resident Memorial 7:00 DR BINGO	9:30 H3 Sit N' Fit 9:30 Bus Trip: Walmart 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 7:00 H2 Cards/ Games
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Psalm 121:7-8</b>  “The Lord will keep you from all harm — He will watch over your life; the Lord will watch over your coming and going both now and forevermore.”	
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	<i>No Exercise Class</i>	9:30 H3 Gentle Fitness 10:30 CY Walking Club 1:30 Bus Trip: Fort Calgary <i>Historical Tour</i> 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 11:00 CAFÉ Tim Horton's Club 2:00 SA Chapel: Pastor Adrian 3:00 SA Resident Memorial 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:00 CY Ice Cream Social 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games		

## SHALEM SPACES

H2 = Haven 2nd Floor  
CAFE = Shalem Café

H3 = Haven 3rd Floor  
SA = Shalem Atrium

## TV Channel 398 for Emmanuel Church

DR = Dining Room  
SPA = Haven 2nd Flr. Spa Room

WC = Wellness Centre  
GR = Games Room

MSR = Manor Social Room

CY = Courtyard

MH = Main Hall by TV