

SEPTEMBER 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Psalm 85:12
The LORD will indeed give what is good, and our land will yield its harvest.

			1				2
9:30	H3	Sit N' Fit					
2:00	H2	Cards/ Games		2:00	H2	Cards/ Games	
7:00	H2	Cards/ Games		7:00	H2	Cards/ Games	

3			4			5			6			7			8			9									
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Gentle Fitness	10:45	CY	Walking Club	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit										
2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	10:15	H3	Sit N' Fit	2:00	SA	Chapel	10:15	H3	Gentle Fitness	10:00	CAFÉ	Espresso Café	2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games	
6:30	SA	Hymn Sing	7:00	H2	Cards/ Games	7:00	H2	Card Bingo	7:00	H2	Cards/ Games	2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games							
7:00	H2	Cards/ Games										3:00	CAFÉ	Happy Hour	7:00	H2	Cards/ Games										
												7:00	SA	Movie Resident Pick													

10			11			12			13			14			15			16								
10:00	Emmanuel Church		9:00	WC	Hearing Clinic	9:30	H3	Gentle Fitness	10:00	CAFÉ	Blood Pressure Clinic	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit				1:00	SPA	Massage (Iuliia)			
2:00	H2	Cards/ Games	9:30	H3	Monday Movement	10:15	H3	Sit N' Fit	10:15	H3	Chair Yoga with Cari	10:15	H3	Gentle Fitness	11:00	Bus Trip: Fall Drive <i>Scenic Drive & Lunch</i>		2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games
6:30	SA	Hymn Sing	1:30	DR	Coffee Connection	2:00	DR	Birthday Party	2:00	SA	Chapel: Pastor Allan	2:00	H3	Brain Teasers	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games						
7:00	H2	Cards/ Games	2:00	H2	Cards/ Games	7:00	H2	Card Bingo	7:00	DR	BINGO	3:00	CAFÉ	Happy Hour												
			7:00	H2	Cards/ Games							7:00	H2	Cards/ Games												

17			18			19			20			21			22			23								
10:00	Emmanuel Church		9:30	H3	Monday Movement	9:30	H3	Gentle Fitness	10:45	CY	Walking Club	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit				1:00	SPA	Massage (Iuliia)			
2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	10:15	H3	Sit N' Fit	2:00	SA	Chapel: Rev. Phil	10:15	H3	Gentle Fitness	10:00	CAFÉ	Espresso Café	2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games
6:30	SA	Hymn Sing	7:00	H2	Cards/ Games	2:00	H3	Memory Connect	7:00	CY	Fall Fling	2:00	H2	Games & Goodies	2:00	H2	Cards/ Games	7:00	H2	Cards/ Games						
7:00	H2	Cards/ Games				7:00	H2	Card Bingo			<i>Music by Romeo & Drinks</i> (If poor weather will move to DR)	3:00	CAFÉ	Happy Hour												
												7:00	H2	Cards/ Games												

24			25			26			27			28			29			30								
10:00	Emmanuel Church		9:30	H3	Monday Movement	9:30	H3	Gentle Fitness	10:15	H3	Chair Yoga with Cari	9:30	H3	Sit N' Fit	8:45 & 10:00 Indigenous Speaker <i>Holly Fortier at Emmanuel</i>		National Day for Truth and Reconciliation									
2:00	H2	Cards/ Games	2:00	H3	Paint N' Sip	10:15	H3	Sit N' Fit	12:00	CAFÉ	McDonalds Lunch	10:15	H3	Gentle Fitness	9:30	H3			Sit N' Fit	2:00	H2	Cards/ Games	2:00	H2	Cards/ Games	
6:30	SA	Hymn Sing	2:00	H2	Cards/ Games	2:00	CAFÉ	Carnival Social	2:00	SA	Chapel: Pastor Tolu	2:00	H2	Games & Goodies	3:00	CAFÉ	Happy Hour	7:00	H2	Cards/ Games	7:00	H2	Cards/ Games	7:00	H2	Cards/ Games
7:00	H2	Cards/ Games	2:30	CAFÉ	Men's Pub Social	7:00	H2	Card Bingo	7:00	DR	BINGO	7:00	H2	Cards/ Games												
			6:30	SA	Chinese Massage																					
			7:00	H2	Cards/ Games																					

SHALEM SPACES *TV Channel 398 for Emmanuel Church*

H2 = Haven 2nd Floor **H3** = Haven 3rd Floor **DR** = Dining Room **WC** = Wellness Centre **MSR** = Manor Social Room
CAFE = Shalem Café **SA** = Shalem Atrium **SPA** = Haven 2nd Flr. Spa Room **GR** = Games Room **CY** = Courtyard
MH = Main Hall by TV

