October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 10:00 Emmanuel Church Service Ch.398 6:30 SA Hymn Sing	3 9:30 H3 Monday Movement (Guest) Haven Residents 10:15 H3 Monday Movement (Guest) All Residents 1:30 DR Coffee Connection	4 9:30 H3 Gentle Fitness (Guest) Haven Residents 10:15 H3 Gentle Fitness (Guest) All Residents 7:00 DR BINGO with Lauren	5 9:30 H3 Sit N' Fit (Staff) Haven Residents 10:00 CAFÉ Blood Pressure Clinic 2:00 SA Chapel – Pastor Harry THANKSGIVING DINNER Seating #1 – 4:30PM (RSVP) Seating #2 – 6:30PM (RSVP)	6 9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 9:30 Bus Trip: Pfanntastic -11:00 Pannenkoek Haus (Sign-up) 3:00 CAFÉ Happy Hour	7 9:30 H3 Sit N' Fit Haven Residents 2:00 SA Gather n' Thread Knitting Club for a Good Cause	8
9 10:00 Emmanuel Church Service Ch.398 6:30 SA Hymn Sing	10 9:30 H3 Sit N' Fit Haven Residents	11 9:30 H3 Gentle Fitness (Guest) Haven Residents 10:15 H3 Gentle Fitness (Guest) All Residents 2:00 DR Birthday Party with Dwayne Fettig	12 9:30 H3 Sit N' Fit (Staff) Haven Residents 11:00 CAFÉ Tim Horton's Club Coffee & Doughnuts for Purchase 2:00 SA Chapel High River CRC Pastor David	13 9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 1:00-3:30 SA Flu Clinic (Sign-Up) 3:00 CAFÉ Happy Hour	14 9:30 H3 Sit N' Fit Haven Residents 11:00 Bus Trip: Fall Drive -1:30 Lunch Available (Sign-Up) 2:00 SA Gather n' Thread Knitting Club for a Good Cause	15
16 10:00 Emmanuel Church Service Ch.398 6:30 SA Hymn Sing	17 9:30 H3 Sit N' Fit Haven Residents	18 9:30 H3 Gentle Fitness (Staff) Haven Residents 10:15 H3 Gentle Fitness (Staff) All Residents 2:00 H3 Memory Connect	19 9:30 H3 Sit N' Fit (Staff) Haven Residents 10:00 MH Tuck Shop 2:00 SA Chapel First Lutheran Pastor Kevin 7:00 DR BINGO with Lauren	20 9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 11:00 Bus Trip: RiverCross -2:00 Ranch-ROARR (Sign-Up) 3:00 CAFÉ Happy Hour	21 9:30 H3 Sit N' Fit Haven Residents 2:00 CAFÉ Fall Social Espresso Café Drinks & Pastries for Purchase 2:00 SA Gather n' Thread Knitting Club for a Good Cause	22
23 10:00 Emmanuel Church Service Ch.398 6:30 SA Hymn Sing	24 9:30 H3 Monday Movement (Guest) Haven Residents 10:15 H3 Monday Movement (Guest) All Residents 2:00 H3 Paint N' Sip With Carol (Sign-up Required) 6:30 SA Chinese Massage & Tea (Sing-Up)	25 9:30 H3 Gentle Fitness (Guest) Haven Residents 10:15 H3 Gentle Fitness (Guest) All Residents 2:00 H3 FUN Bingo	26 9:30 H3 Sit N' Fit (Staff) Haven Residents 10:00 SA Wellness Session Managing Chronic Pain Followed by Ask a Pharmacist NO CHAPEL TODAY 2:00 DR Happy Gang Choir	27 9:30 H3 Sit N' Fit (Guest) Haven Residents 10:15 H3 Sit N' Fit (Guest) All Residents 10:30 H2 Brain Teasers 3:00 CAFÉ Happy Hour Dress up – Costume Contest	28 9:30 H3 Sit N' Fit Haven Residents 2:00 SA Gather n' Thread Knitting Club for a Good Cause	29 6:30 SA Hymn Sing-a-long With Dorothy de Vuyst
30 10:00 Emmanuel Church Service Ch.398 6:30 SA Hymn Sing	31 9:30 H3 Chair Zumba (Guest) Haven Residents 10:15 H3 Chair Zumba (Guest) All Residents 2:30 CAFÉ Men's Pub Social (Sign-up Required)					

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

H2 = Haven 2nd Floor
H3 = Haven 3rd Floor
SA = Shalem Atrium
DR = Dining Room
CAFE = Shalem Café
CY = Courtyard
MS = Meeting Space
MH = Main Hall by TV