

# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:00 WC Hearing Clinic 9:30 H3 Monday Movement 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 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:00 CAFÉ Blood Pressure Clinic 2:00 SA Chapel: Pastor David <b>4:30 &amp; 6:30 Seatings Thanksgiving Dinner</b> 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Parachute Firness 2:00 H3 Brain Teasers 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	10:00 CAFÉ Espresso Café 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>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	<i>Happy Thanksgiving</i> 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 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Pastor Harry 7:00 DR Arbor Memorial <i>The Power of Preplanning</i> 7:00 H2 Cards/ Games	9:00 SA Pop-up Vision Clinic 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 1:00 SA FLU CLINIC 7:00 H2 Cards/ Games	2:00 Bus Trip: Granary Road <i>Park &amp; Farmers Market</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</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 10:15 H3 Zumba 7:00 H2 Card Bingo 7:00 SA Wine Tasting	9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Rev. Phil 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 New Resident Mingle 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	10:00 CAFÉ Espresso Café 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>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</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 1:00 SA Piano Concert 2:00 H3 Paint N' Sip 2:00 H2 Cards/ Games 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	9:00 Bus Trip: North Hill Mall 9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H3 Memory Connect 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 12:00 CAFÉ A&W Lunch 2:00 SA Chapel: Pastor Tolu 7:00 DR BINGO	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games 7:00 SA Movie: Resident Pick	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>29</b>	<b>30</b>	<b>31</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 2:30 CAFÉ Men's Pub Social 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 CAFÉ Costume Party 7:00 H2 Card Bingo				

<b>SHALEM SPACES</b>		<i>TV Channel 398 for Emmanuel Church</i>	
H2 = Haven 2nd Floor	SA = Shalem Atrium	WC = Wellness Centre	MSR = Manor Social Room
H3 = Haven 3rd Floor	DR = Dining Room	GR = Games Room	CY = Courtyard
CAFE = Shalem Café	SPA = Haven 2nd Flr. Spa Room		MH = Main Hall by TV



16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

*Colossians 3:16*

