

# NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Romans 12:12</i> <b>12</b> Be joyful in hope, patient in affliction, faithful in prayer.					
			1	2	3	4
			9:30 H3 Sit N' Fit 2:00 SA Chapel: Harry 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games 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	1:00 SPA Massage (Iullia) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
5	6	7	8	9	10	11
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 DR Coffee Connect 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games 2:00 H3 Paint n'Sip	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H2 Horse Races & Shuffleboard 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 2:00 SA Chapel: Martin 7:00 DR BINGO	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 Bus Trip: ROARR 2:00 DR Fashion Show <i>Historical: Memory Lane Fashions</i> 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 SA Storytelling Series <i>Sailing Hazards with Bob</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games 7:00 SA <b>Movie: Barbie - Wear Pink!</b>	10:45 DR <b>Service for Remembrance Day</b> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
12	13	14	15	16	17	18
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 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H2 Cards/ Games 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Zumba 2:00 DR Birthday Party <i>Pajama Party - Wear your PJ's</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:00 Café Blood Pressure Clinic 10:15 H3 Laughter Yoga 10:30 MH Tuck Shop 2:00 SA Chapel: Phil & Yvonne 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 9:30 Bus Trip: Northhill Mall 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café <i>AND Henna Tattoos</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games 7:00 SA <b>Movie: Oppenheimer</b>	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
19	20	21	22	23	24	25
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 1:00 SA Piano Concert 2:00 H2 Cards/ Games 7:00 DR GEMS Girls' Club <i>Making Cookies in a Jar</i>	9:30 H3 Gentle Fitness 9:30 Bus Trip: Value Village <i>(Senior Day - 30% OFF)</i> 10:15 H3 Sit N' Fit 7:00 H2 Card Bingo	10:15 H3 Chair Yoga with Cari 2:00 DR Happy Gang Choir <i>No Chapel</i> 7:00 DR BINGO	9:30 H3 Sit N' Fit 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 10:30 SA Ted Talk & Discussion <i>How to Live to be 100+</i> 2:00 H2 Cards/ Games H2 Cards/ Games	<b>SHALEM OPEN HOUSE 1-4PM</b> <i>Everyone Welcome!</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
26	27	28	29	30		
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H2 Cards/ Games 2:30 CAFÉ Men's Pub Social 7:00 DR Dutch Cdn Choir	9:30 H3 Gentle Fitness 10:00 SA Wellness Session <i>Navigating Age-Related Diseases</i> 7:00 H2 Card Bingo 2:00 H3 Floral Workshop <i>Christmas Centre Piece</i>	9:30 H3 Sit N' Fit 10:00 SA Tim Horton's Club 2:00 SA Chapel: Tolu 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 SA Memory Connect <i>Music Therapy</i> 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games		



**SHALEM SPACES**

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

*TV Channel 398 for Emmanuel Church*