

# DECEMBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


SATURDAY

21 She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."

Matthew 1:21



1			2		
9:15	DR	Bearspaw Students <i>Songs &amp; Snacks</i>	1:00	SPA	Massage (Iuliia)
2:00	H2	Cards/ Games	2:00	H2	Cards/ Games
6:45	DR	Free Reformed Church <i>Singing &amp; Coffee Visit</i>	7:00	H2	Cards/ Games

3	4	5	6	7	8	9
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Sit n' Fit 10:15 H3 Monday Movement 1:30 DR Westside Singers 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H3 Brain Teasers 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 11:00 CAFÉ Christmas Mimosas 2:00 SA Chapel: Harry	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 DR Calgary Women's Ch. 3:00 CAFÉ Happy Hour 7:00 DR Harmony Kings	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 (Iuliia) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
10	11	12	13	14	15	16
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 Sit n' Fit 10:15 H3 Monday Movement 1:00 DR Coffee Connect 2:00 H3 Paint N' Sip 2:00 H2 Cards/ Games 2:30 CAFÉ Men's Pub Social 7:00 H2 Cards/ Games	9:30 H3 Gentle Fitness 10:00 Café Blood Pressure Clinic 10:15 H3 Sit N' Fit 2:00 DR Birthday Party <i>Comedy Magic Show</i> 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 2:00 SA Christmas Carols <i>Sing-a-long</i> 3:00 CAFÉ Happy Hour <i>Christmas Sweater Contest</i> 7:00 DR New Beginnings <i>Choir Performance</i>	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:00 SA Clothing Sale 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games 7:00 SA Christmas Movie <i>White Christmas</i>	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
17	18	19	20	21	22	23
10:00 Emmanuel Church 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:00 H2 Cards/ Games 3:00 SA Court Residents <i>Meeting</i>	9:30 H3 Gentle Fitness 10:15 H3 Sit N' Fit 2:00 H2 Cards/ Games 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Phil & Yvonne 3:00 SA Youth Piano Concert <b>Christmas Dinner</b> 4:30 DR Seating #1 6:30 DR Seating #2	9:30 H3 Sit N' Fit 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	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
24	25	26	27	28	29	30
10:00 Emmanuel Church 2:00 H2 Cards/ Games <i>No Hymn Sing</i> 7:00 H2 Cards/ Games	 <i>Merry Christmas</i> 10:00 Emmanuel Church Service 2:00 SA Carol Sing 3:00 CAFÉ Christmas Social	<i>No Fitness Classes</i> 2:00 H2 Cards/ Games 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: David 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 3:00 SA Bubbles & Bites <i>Prosecco Tasting</i> 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games

31
10:00 Emmanuel Church 2:00 H2 Cards/ Games <i>No Hymn Sing</i> 7:00 H2 Cards/ Games <i>New Years Eve</i>

## SHALEM SPACES

H2 = Haven 2nd Floor  
H3 = Haven 3rd Floor  
CAFE = Shalem Café

SA = Shalem Atrium  
DR = Dining Room  
SPA = Haven 2nd Flr. Spa Room

TV Channel 398 for Emmanuel Church  
WC = Wellness Centre  
GR = Games Room

CY = Courtyard  
MH = Main Hall by TV

