



MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H2 = Haven 2nd Floor	H3 = Haven 3rd Floor	CY = Courtyard	DR = Dining Room	Café = Shalem Cafe	CG = Café Garden	SA = Shalem Atrium
	1	2	3	4	5	6
	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents	
		10:15 SA Sit N' Fit All Residents	10:15 SA Sit N' Fit All Residents	10:15 SA Sit N' Fit All Residents		
		10:30 H3 Brain Teasers	2:00 H3 Chapel Pastor Allan 2:45 SA Chapel Pastor Allan	11:00 CAFE Armchair Travel Map Memories		
7	8	9	10	11	12	13
	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit (Guest) Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit (Guest) Haven Residents	9:30 H3 Sit N' Fit Haven Residents	
10:00 Emmanuel Church Service Ch.398		10:15 SA Sit N' Fit (Guest) All Residents	10:15 SA Sit N' Fit All Residents	10:15 SA Sit N' Fit (Guest) All Residents		
		2:00 H3 FUN Bingo	2:00 H3 Chapel Pastor David S. 2:45 SA Chapel Pastor David S.	2:00 CAFE Wellness Webinar		
14	15	16	17	18	19	20
	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit (Guest) Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit (Guest) Haven Residents	9:30 H3 Sit N' Fit Haven Residents	
10:00 Emmanuel Church Service Ch.398		10:15 SA Sit N' Fit (Guest) All Residents	10:15 SA Sit N' Fit All Residents	10:15 SA Sit N' Fit (Guest) All Residents		
		10:30 H3 Brain Teasers	10:30 H3 St. Paddy Games	10:30 H3 Spring Arts & Craft		
		2:00 CAFE News & Views	2:00 H3 Chapel Pastor Kevin 2:45 SA Chapel Pastor Kevin 4:30 St. Patrick's Day Dinner Food Delivery: Court & Manor 5:00 DR Haven Dinner	2:00 SA Spring Arts & Craft		
21	22	23	24	25	26	27
	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit (Guest) Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents	
10:00 Emmanuel Church Service Ch.398		10:15 SA Sit N' Fit (Guest) All Residents	10:15 SA Sit N' Fit All Residents	10:15 SA Sit N' Fit All Residents		
		2:00 H3 FUN Bingo	11:00 CAFE Armchair Travel Dorothy de Vuyst takes us to Africa 2:00 H3 Chapel Pastor David S. 2:45 SA Chapel Pastor David S.	11:15 CAFE Virtual Sharing Calgary Christian School Kids		
28	29	30	31	 <p style="border: 1px dashed green; padding: 10px; margin: 0;"> <i>"May the road rise up to meet you. May the wind always be at your back. May the sun shine warm upon your face, and rains fall soft upon your fields. And until we meet again, May God hold you in the palm of His hand."</i> </p>		
	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents	9:30 H3 Sit N' Fit Haven Residents			
10:00 Emmanuel Church Service Ch.398		10:15 SA Sit N' Fit All Residents	10:15 SA Sit N' Fit All Residents			
		10:30 H3 Brain Teasers	2:00 H3 Chapel Chaplain David M 2:45 SA Chapel Chaplain David M			