

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will" - Ephesians 1:11					1	2
					9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Chair Cardio 1:00 MS Prayer Fellowship 6:30 SA Movie: Blue Miracle	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
3	4	5	6	7	8	9
10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games <i>NOTE: No Hymn Sing in August</i>	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 2:00 H2 Tea & Chat 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:30 H2 Cribbage 1:30 SA Documentary: <i>View & Chat: Shark Whisperer</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:15 MH Walking Club 2:00 SA Chapel: Pastor Harry 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:00 CAFÉ Jewellery Sale 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Balance & Strength 1:00 MS Prayer Fellowship 2:30 H3 Tunes Together 6:30 SA Movie: Rule Breakers	2:00 H2 Cards/ Games 2:00 SA TV Show Series: <i>Here's Lucy - Episodes 11 & 12</i> 7:00 H2 Cards/ Games
10	11	12	13	14	15	16
10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 1:30 DR Coffee Connect 2:00 H2 Cribbage 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:30 SA Let's Play! <i>Have You Ever Game</i> 2:00 DR Birthday Party <i>Cole Briggs Music</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Ed 5:00 CY BBQ & Music <i>Walkin on Sunshine</i>	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 SA Karaoke 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Chair Cardio 1:00 MS Prayer Fellowship 6:30 SA Movie: <i>Like Dandelion Dust</i>	1:00 WC Massage: Iuliia 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
17	18	19	20	21	22	23
10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 2:00 H3 Art with Geri <i>Both Level 1 & 2 (only one class this month)</i> 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park <i>Enjoy an Afternoon Outdoors</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil 3:30 MH Walking Club	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music <i>Celebrating Senior Citizen's Day!</i> 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Balance & Strength 1:00 MS Prayer Fellowship 6:30 SA Movie: <i>The Peanut Butter Falcon</i>	10:00 SA Let's Talk <i>Care & Connection with Josephine</i> 1:00 WC Massage: Iuliia 2:00 H2 Cards/ Games 2:00 SA TV Show Series: <i>Here's Lucy - Episodes 13 & 14</i> 7:00 H2 Cards/ Games
24	25	26	27	28	29	30
10:00 Emmanuel Church 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 1:00 SA Piano with Heather 2:30 SA Bible Trivia 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary <i>Campfire Songs</i> 2:00 H2 Cribbage 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:15 H3 Mindful Moves - Cari 10:00 SA BP Clinic 2:00 SA Chapel: Pastor Allan 3:30 MH Walking Club 7:00 DR BINGO with Lauren	9:00 HC Dr. Tolu's Clinic 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Chair Cardio 1:00 MS Prayer Fellowship 2:30 H3 Tunes Together 6:30 SA Movie: Calamity Jane	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
31	SHALEM SPACES					
10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	H2 = Haven 2nd Floor CAFE = Shalem Café HC = Health Clinic					MH = Main Hall DR = Dining Room H3 = Haven 3rd Floor
	FR = Fitness Room (2nd Floor Court) WC = Wellness Centre (Spa Room) CY = Courtyard					MS = Manor 3rd Floor SA = Shalem Atrium CP = Court Parking
	TV Channel 398 for Emmanuel Church					

