## August **2025**

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"In him		ŕ	ring been predestined action in conformity with the property of the conformity with the property of the conformation in the co	cording to the plan of hin ourpose of his will"	m who	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
•		4	5		5		9
10:00 Emmanuel Church	9:30 H3		9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	
Emmanuel or Streamed (SA)	10:15 H3	•	10:30 H2 <b>Cribbage</b>	10:15 MH Walking Club	10:00 CAFÉ <b>Jewellery Sale</b>	10:00 CAFÉ Espresso Café	2:00 H2 Cards/ Games
2:00 H2 Cards/ Games	2:00 H2		1:30 SA <b>Documentary</b> :	2:00 SA <b>Chapel:</b> Pastor Harry		10:15 H3 Balance & Strength	2:00 SA <b>TV Show Series:</b>
7:00 H2 Cards/ Games	7:00 H2	2 Cards/ Games	View & Chat: Shark Whisperer	7:00 DR <b>BINGO</b> with Lauren	3:00 CAFÉ <b>Happy Hour</b>	1:00 MS Prayer Fellowship	Here's Lucy - Episodes 11 & 12
<b>NOTE:</b> No Hymn Sing in August			7:00 H2 <b>Card Bingo</b>		7:00 H2 Cards/ Games	2:30 H3 Tunes Together	7:00 H2 Cards/ Games
						6:30 SA <b>Movie:</b> Rule Breakers	5
10	D	11	12	2 13	3 14	4 15	16
10:00 Emmanuel Church	9:30 H3	3 Sit N' Fit	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	
Emmanuel or Streamed (SA)	10:15 H3	Balance & Strength	10:30 SA Let's Play!	2:00 SA <b>Chapel:</b> Pastor Ed	10:15 H3 Gentle Fitness	10:00 CAFÉ Espresso Café	
2:00 H2 Cards/ Games	1:30 DF	R Coffee Connect	Have You Ever Game	5:00 CY BBQ & Music	2:00 SA <b>Karaoke</b>	10:15 H3 Chair Cardio	1:00 WC Massage: Iuliia
7:00 H2 Cards/ Games	2:00 H2	2 Cribbage	2:00 DR Birthday Party	Walkin on Sunshine	3:00 CAFÉ <b>Happy Hour</b>	1:00 MS Prayer Fellowship	2:00 H2 Cards/ Games
	7:00 H2	2 Cards/ Games	Cole Briggs Music		7:00 H2 Cards/ Games	6:30 SA <b>Movie:</b>	7:00 H2 Cards/ Games
			7:00 H2 Card Bingo			Like Dandelion Dust	
17	7	18	19	20	2:	1 22	23
10:00 Emmanuel Church	9:30 H3		9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	23 10:00 SA <b>Let's Talk</b>
		3 Sit N' Fit					
10:00 Emmanuel Church	9:30 H3	Sit N' Fit Balance & Strength	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	9:30 H3 <b>Sit N' Fit</b>	10:00 SA Let's Talk
10:00 Emmanuel Church Emmanuel or Streamed (SA)	9:30 H3 10:15 H3 2:00 H3	Sit N' Fit Balance & Strength	9:30 H3 <b>Sit N' Fit</b> 10:30 H3 <b>Brain Teasers</b>	9:30 H3 <b>Sit N' Fit</b> 10:30 MH <b>Tuck Shop</b>	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness	9:30 H3 <b>Sit N' Fit</b> 10:00 CAFÉ <b>Espresso Café</b>	10:00 SA <b>Let's Talk</b> Care & Connection with Josephine
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3	Sit N' Fit Balance & Strength Art with Geri	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park	9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Balance & Strength 1:00 MS Prayer Fellowship	10:00 SA <b>Let's Talk</b> Care & Connection with Josephine  1:00 WC <b>Massage:</b> Iuliia
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 <i>B</i>	Sit N' Fit Balance & Strength Art with Geri Both Level 1 & 2	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors	9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Balance & Strength 1:00 MS Prayer Fellowship	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 <i>B</i>	3 Sit N' Fit 3 Balance & Strength 3 Art with Geri 3 Both Level 1 & 2 5 One class this month)	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors	9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day!	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:	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 <i>B</i> (only 0 7:00 H2	Sit N' Fit Balance & Strength Art with Geri Both Level 1 & 2 one class this month) Cards/ Games	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 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 Celebrating Senior Citizen's Day! 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: The Peanut Butter Falcon	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 <i>B</i> (only 0 7:00 H2	3 Sit N' Fit 3 Balance & Strength 3 Art with Geri 5 oth Level 1 & 2 one class this month) 2 Cards/ Games	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 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 Celebrating Senior Citizen's Day! 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: The Peanut Butter Falcon	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 <i>B</i> (only o 7:00 H2	3 Sit N' Fit 3 Balance & Strength 3 Art with Geri 3 oth Level 1 & 2 one class this month) 2 Cards/ Games 25 3 Sit N' Fit	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 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 Celebrating Senior Citizen's Day! 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: The Peanut Butter Falcon	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church 10:00 Emmanuel Church	9:30 H3 10:15 H3 2:00 H3  B (only of 7:00 H2)  9:30 H3	3 Sit N' Fit 3 Balance & Strength 3 Art with Geri 3 oth Level 1 & 2 one class this month) 2 Cards/ Games  25 3 Sit N' Fit 3 Balance & Strength	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  26 9:30 H3 Sit N' Fit	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	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day! 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: The Peanut Butter Falcon	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 <i>B</i> (only of 7:00 H2  9:30 H3 10:15 H3	3 Sit N' Fit 3 Balance & Strength 3 Art with Geri 3 oth Level 1 & 2 one class this month) 2 Cards/ Games  25 3 Sit N' Fit 3 Balance & Strength A Piano with Heather	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  26 9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary	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 Mindful Moves - Car	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day! 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  9:00 HC Dr. Tolu's Clinic ii 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness	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: The Peanut Butter Falcon  8 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church 10:00 Emmanuel Church Emmanuel or Streamed (SA)	9:30 H3 10:15 H3 2:00 H3 (only of the control of th	3 Sit N' Fit 3 Balance & Strength 3 Art with Geri 3 Oth Level 1 & 2 One class this month) 2 Cards/ Games  25 3 Sit N' Fit 3 Balance & Strength 4 Piano with Heather 5 Bible Trivia	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary Campfire Songs	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 Mindful Moves - Car 10:00 SA BP Clinic	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day! 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  9:00 HC Dr. Tolu's Clinic 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness	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: The Peanut Butter Falcon  9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Chair Cardio	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games  30  2:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church 10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 (only of 7:00 H2  9:30 H3 10:15 H3 1:00 SA 2:30 SA	3 Sit N' Fit 3 Balance & Strength 3 Art with Geri 3 oth Level 1 & 2 one class this month) 2 Cards/ Games  25 3 Sit N' Fit 3 Balance & Strength 4 Piano with Heather 5 Bible Trivia	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary Campfire Songs 2:00 H2 Cribbage	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 Mindful Moves - Car  10:00 SA BP Clinic  2:00 SA Chapel: Pastor Allan	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day! 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  7 28 9:00 HC Dr. Tolu's Clinic ii 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour	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:     The Peanut Butter Falcon  8 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Chair Cardio 1:00 MS Prayer Fellowship	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games  30  2:00 H2 Cards/ Games  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church 10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 (only of the control of th	Balance & Strength Balance & Strength Art with Geri Both Level 1 & 2 One class this month) Cards/ Games  25 Balance & Strength Piano with Heather Bible Trivia Cards/ Games	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary Campfire Songs 2:00 H2 Cribbage	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 Mindful Moves - Car  10:00 SA BP Clinic  2:00 SA Chapel: Pastor Allan  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 Celebrating Senior Citizen's Day! 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  7 28 9:00 HC Dr. Tolu's Clinic ii 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour	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: The Peanut Butter Falcon  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	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games  30  2:00 H2 Cards/ Games  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church 10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 10:15 H3 2:00 H3 (only of 7:00 H2  9:30 H3 10:15 H3 1:00 SA 2:30 SA 7:00 H2	Balance & Strength Art with Geri Both Level 1 & 2 One class this month) Cards/ Games  25 Balance & Strength Piano with Heather Bible Trivia Cards/ Games  SHALEM SPACES	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  26 9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary Campfire Songs 2:00 H2 Cribbage 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 Mindful Moves - Car 10:00 SA BP Clinic 2:00 SA Chapel: Pastor Allan 3:30 MH Walking Club 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day! 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  7 28 9:00 HC Dr. Tolu's Clinic i 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 Balance & Strength 1:00 MS Prayer Fellowship 6:30 SA Movie: The Peanut Butter Falcon  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	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games  30  2:00 H2 Cards/ Games  7:00 H2 Cards/ Games
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10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church 10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church Emmanuel or Streamed (SA)	9:30 H3 10:15 H3 2:00 H3 (only of 7:00 H2  9:30 H3 10:15 H3 1:00 SA 2:30 SA 7:00 H2	Balance & Strength Art with Geri Both Level 1 & 2 One class this month) Cards/ Games  25 Balance & Strength Piano with Heather Bible Trivia Cards/ Games  SHALEM SPACES 12 = Haven 2nd Floor	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  26 9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary Campfire Songs 2:00 H2 Cribbage 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 Mindful Moves - Car 10:00 SA BP Clinic 2:00 SA Chapel: Pastor Allan 3:30 MH Walking Club 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day! 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  7 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 Balance & Strength 1:00 MS Prayer Fellowship 6:30 SA Movie: The Peanut Butter Falcon  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	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games  30  2:00 H2 Cards/ Games  7:00 H2 Cards/ Games
10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church 10:00 Emmanuel Church Emmanuel or Streamed (SA) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games  10:00 Emmanuel Church	9:30 H3 10:15 H3 2:00 H3 (only of 7:00 H2  9:30 H3 10:15 H3 1:00 SA 2:30 SA 7:00 H2	Balance & Strength Balance & Strength Bath Level 1 & 2 Cone class this month) Cards/ Games  25 Balance & Strength Piano with Heather Bible Trivia Cards/ Games  SHALEM SPACES 12 = Haven 2nd Floor CAFE = Shalem Café	9:30 H3 Sit N' Fit 10:30 H3 Brain Teasers 1:30 BUS TRIP: Bowness Park Enjoy an Afternoon Outdoors 7:00 H2 Card Bingo  26 9:30 H3 Sit N' Fit 10:30 SA Pic-TUNE-ary Campfire Songs 2:00 H2 Cribbage 7:00 H2 Card Bingo  MH = Main Hall DR = Dining Room	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 Mindful Moves - Car  10:00 SA BP Clinic  2:00 SA Chapel: Pastor Allan  3:30 MH Walking Club  7:00 DR BINGO with Lauren  FR = Fitness Room (2nd Floor Court) WC = Wellness Centre (Spa Room)	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 H2 Cribbage 2:00 SA Violin Music Celebrating Senior Citizen's Day! 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  7 28 9:00 HC Dr. Tolu's Clinic 19:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games  MS = Manor 3rd Floor SA = Shalem Atrium	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: The Peanut Butter Falcon  8 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	10:00 SA Let's Talk  Care & Connection with Josephine  1:00 WC Massage: Iuliia  2:00 H2 Cards/ Games  2:00 SA TV Show Series:  Here's Lucy - Episodes 13 & 14  7:00 H2 Cards/ Games  30  2:00 H2 Cards/ Games  7:00 H2 Cards/ Games