

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Labour Day	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Cribbage 1:30 SA Documentary: <i>View & Chat: The Last Repair Shop</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:15 MH Walking Club 2:00 SA Chapel: Pastor Harry 3:00 SA Bible Trivia 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Social Hour 3:00 CAFÉ Happy Hour 6:30 DR Evening of Music <i>Dwayne Fettig</i>	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: <i>Victoria & Abdul</i>	2:00 H2 Cards/ Games <i>with Joanne</i> 7:00 H2 Cards/ Games
	7	8	9	10	11	12
	10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 MH Walking Club 10:15 H3 Balance & Strength 1:30 DR Coffee Connect 2:00 H3 Brain Teasers 3:00 H3 Movie: <i>Victoria & Abdul</i> 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 10:30 H2 Cribbage 2:00 DR Birthday Party <i>Wild Rose Duo</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:00 MS Bible Study <i>Parables of Jesus - Pastor Allan</i> 10:15 MH Walking Club 2:00 SA Chapel: Pastor Ed 3:30 H3 Social Hour 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 BUS TRIP: Carburn Park <i>Enjoy Lunch in the Park</i> 3:00 CAFÉ Happy Hour 6:30 DR Wellness Session <i>Advance Care Planning</i>	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:00 MS Prayer Fellowship 2:30 H3 Tunes Together 6:30 SA Movie: <i>Raising the Bar</i> <i>The Alma Richards Story</i>
13	14	15	16	17	18	19
2:00 H2 Cards/ Games <i>with Mary</i> 2:00 SA TV Show Series: <i>Here's Lucy - Eps. 15 & 16</i> 7:00 H2 Cards/ Games	10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 MH Walking Club 10:15 H3 Balance & Strength 10:30 H2 Tea & Chat 1:00 SA Piano with Heather 2:00 H2 Art with Geri (Lvl 1) 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Social Hour 2:00 DR Afternoon of Music <i>Walkin On Sunshine</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:00 MS Bible Study 10:15 H3 Gentle Fitness 10:30 H2 Cribbage 2:00 SA Chapel: Pastor Phil 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 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 2:30 H3 Tunes Together 3:00 H2 Movie: <i>Bought a Zoo</i>
20	21	22	23	24	25	26
1:00 WC Massage: Iuliia 2:00 H2 Cards/ Games <i>with Joanne</i> 2:00 SA Movie Matinee <i>We Bought a Zoo</i> 7:00 H2 Cards/ Games	10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 MH Walking Club 10:30 H3 Brain Teasers 2:00 H3 Social Hour 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 5:00 Outdoor Hot Dog Roast <i>In the Pergola at Emmanuel</i> 7:00 H2 Card Bingo	9:30 H3 Sit N' Fit 10:00 MS Bible Study 10:00 SA Blood Pressure Clinic 10:15 H3 Balance & Strength 10:30 MH Tuck Shop 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 10:30 H2 Cribbage 2:00 CY Outdoor Games 3:00 CAFÉ Happy Hour 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:00 MS Prayer Fellowship 2:30 H3 Tunes Together 6:30 SA Movie: <i>Two Brothers</i>
27	28	29	30	SHALEM SPACES HC = Health Clinic H3 = Haven 3rd Floor SA = Shalem Atrium GR = Games Room CY = Courtyard TV Channel 398 for Emmanuel Church		
	10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 MH Walking Club 2:00 CAFÉ Art with Geri (Lvl 2) 7:00 H2 Cards/ Games	National Day for Truth and Reconciliation 9:30 H3 Sit N' Fit 10:30 Bus Trip: <i>North Hill Centre</i> 2:00 SA Movie: <i>Sugarcane</i> <i>Oscar Nominated Indigenous Film</i> 7:00 H2 Card Bingo			

"There is a time for everything, and a season for every activity under the heavens."
Ecclesiastes 3:1