

OCTOBER 2025

| SUNDAY                                                                                                                                                                                                                                                   | MONDAY                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                            | SATURDAY                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>SHALEM SPACES</div> <div>H2 = Haven 2nd Floor</div> <div>CAFE = Shalem Café</div> <div>WC = Wellness Centre (Spa Room)</div> <div>MH = Main Hall by Leasing Office</div> <div>DR = Dining Room</div> <div>FR = Fitness Room (2nd Floor Court)</div> | <div>HC = Health Clinic</div> <div>H3 = Haven 3rd Floor</div> <div>SA = Shalem Atrium</div> <div>GR = Games Room</div> <div>CY = Courtyard</div> <div>MS = Manor Social Room</div>                                                         | <div>TV Channel 398 for Emmanuel Church</div>                                                                                                                                                             | <div>NATIONAL SENIORS DAY 1</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 MS Bible Study</div> <div>Parables of Jesus - Pastor Allan</div> <div>10:30 CAFÉ Senior Social</div> <div>2:00 SA Chapel: Pastor Allan</div> <div>7:00 H2 Cards/ Games</div>                | <div>2</div> <div>9:30 H3 Sit N' Fit</div> <div>10:15 SA Gentle Fitness</div> <div>10:30 H2 Cribbage</div> <div>3:00 CAFÉ Happy Hour</div> <div>7:00 GR Shuffleboard</div>                                                                                      | <div>3</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 CAFÉ Espresso Café</div> <div>10:15 H3 Balance &amp; Strength</div> <div>1:00 MS Prayer Fellowship</div> <div>2:30 H3 Tunes Together</div> <div>6:30 SA Movie: Life is Beautiful</div>                                      | <div>4</div> <div>2:00 H2 Cards/ Games</div> <div>with Mary</div> <div>7:00 H2 Cards/ Games</div>                                                                                                                                                                 |
| <div>5</div> <div>10:00 Emmanuel Church</div> <div>Emmanuel or Streamed (SA&amp;H2)</div> <div>2:00 H2 Cards/ Games</div> <div>6:30 SA Hymn Sing</div> <div>7:00 H2 Cards/ Games</div>                                                                   | <div>6</div> <div>9:30 H3 Sit N' Fit</div> <div>10:15 H3 Balance &amp; Strength</div> <div>1:30 DR Coffee Connect</div> <div>2:00 CAFÉ Art with Geri (Lvl 1)</div> <div>Fall Centerpiece Décor</div> <div>7:00 H2 Cards/ Games</div>       | <div>7</div> <div>9:30 H2 Sit N' Fit</div> <div>10:30 H2 Cribbage</div> <div>1:30 H3 Movie:</div> <div>Life is Beautiful</div> <div>2:00 H2 Bible Trivia</div> <div>7:00 DR Card Bingo</div>              | <div>8</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 MS Bible Study</div> <div>10:15 MH Walking Club</div> <div>2:00 SA Chapel: Pastor Ed</div> <div>THANKSGIVING DINNER</div> <div>4:30 &amp; 6:30 Dining Room</div>                                                 | <div>9</div> <div>9:30 H3 Sit N' Fit</div> <div>10:15 SA Gentle Fitness</div> <div>10:30 H3 Brain Teasers</div> <div>1:30-4:30 SA Advance Voting</div> <div>2025 Calgary General Election</div> <div>3:00 CAFÉ Happy Hour</div> <div>7:00 GR Shuffleboard</div> | <div>10</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 CAFÉ Espresso Café</div> <div>10:15 H3 Balance &amp; Strength</div> <div>10:00 Bus Trip: Elbow Falls</div> <div>Country Drive &amp; Lunch</div> <div>6:30 SA Movie:</div> <div>The Road to Hong Kong</div>                 | <div>11</div> <div>2:00 H2 Cards/ Games</div> <div>with Joanne</div> <div>2:00 SA TV Show Series:</div> <div>Here's Lucy - Eps. 19 &amp; 20</div> <div>7:00 H2 Cards/ Games</div>                                                                                 |
| <div>12</div> <div>10:00 Emmanuel Church</div> <div>Emmanuel or Streamed (SA&amp;H2)</div> <div>2:00 H2 Cards/ Games</div> <div>2:00 DR Voices of Grace</div> <div>Guest-Led Hymn Sing</div> <div>7:00 H2 Cards/ Games</div>                             | <div>13</div> <div>Thanksgiving</div> <div>2:00 H2 Cards/ Games</div> <div>7:00 H2 Cards/ Games</div>                                                                                                                                      | <div>14</div> <div>9:30 H2 Sit N' Fit</div> <div>10:30 H2 Social Hour</div> <div>2:00 DR Birthday Party</div> <div>Dwayne Fettig - Oktoberfest</div> <div>7:00 DR Card Bingo</div>                        | <div>15</div> <div>9:00 SA Flu Clinic (Haven)</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 SA Flu Clinic (Court)</div> <div>10:00 MS Bible Study</div> <div>11:00 SA Flu Clinic (Manor)</div> <div>2:00 SA Chapel: Pastor Phil</div> <div>7:00 H2 Cards/ Games</div> | <div>16</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 Bus Trip: Walmart</div> <div>10:15 SA Gentle Fitness</div> <div>2:00 SA Karaoke</div> <div>3:00 CAFÉ Happy Hour</div> <div>7:00 DR Friendship Ministries</div> <div>7:00 GR Shuffleboard</div>           | <div>17</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 CAFÉ Espresso Café</div> <div>1:00 MS Prayer Fellowship</div> <div>2:30 H3 Tunes Together</div> <div>3:00 SA Memory On Hand</div> <div>3:00 H2 Movie:</div> <div>The Road to Hong Kong</div>                               | <div>18</div> <div>1:00 WC Massage: Iuliia</div> <div>2:00 H2 Cards/ Games</div> <div>with Joanne</div> <div>2:00 SA Movie Matinee</div> <div>The Music Man</div> <div>7:00 H2 Cards/ Games</div>                                                                 |
| <div>19</div> <div>10:00 Emmanuel Church</div> <div>Emmanuel or Streamed (SA&amp;H2)</div> <div>2:00 H2 Cards/ Games</div> <div>6:30 SA Hymn Sing</div> <div>7:00 H2 Cards/ Games</div>                                                                  | <div>20</div> <div>9:30 H3 Sit N' Fit</div> <div>10:15 H3 Balance &amp; Strength</div> <div>1:00 SA Piano with Heather</div> <div>2:00 CAFÉ Art with Geri (Lvl 2)</div> <div>6:30 SA Chinese Massage</div> <div>7:00 H2 Cards/ Games</div> | <div>21</div> <div>9:30 H3 Sit N' Fit</div> <div>10:30 H3 Who Knew It Trivia</div> <div>2:00 SA Documentary &amp; Chat</div> <div>Hidden Lives of Pets (Eps. 1&amp;2)</div> <div>7:00 DR Card Bingo</div> | <div>22</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 MS Bible Study</div> <div>10:00 SA Blood Pressure Clinic</div> <div>2:00 SA Chapel: Pastor Ed</div> <div>7:00 DR BINGO with Lauren</div>                                                                        | <div>23</div> <div>9:30 H3 Sit N' Fit</div> <div>10:15 SA Gentle Fitness</div> <div>3:00 CAFÉ Happy Hour</div> <div>7:00 GR Shuffleboard</div>                                                                                                                  | <div>24</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 CAFÉ Espresso Café</div> <div>10:15 H3 Balance &amp; Strength</div> <div>10:30 SA Wellness Session</div> <div>1:00 MS Prayer Fellowship</div> <div>2:30 H3 Tunes Together</div> <div>6:30 SA Movie: Green &amp; Gold</div> | <div>25</div> <div>10:00 SA Let's Talk</div> <div>Care &amp; Connection with Josephine</div> <div>1:00 WC Massage: Iuliia</div> <div>2:00 H2 Cards/ Games</div> <div>with Mary</div> <div>2:00 SA TV Show Series:</div> <div>Here's Lucy - Eps. 21 &amp; 22</div> |
| <div>26</div> <div>10:00 Emmanuel Church</div> <div>Emmanuel or Streamed (SA&amp;H2)</div> <div>2:00 H2 Cards/ Games</div> <div>7:00 H2 Cards/ Games</div>                                                                                               | <div>27</div> <div>9:30 H3 Sit N' Fit</div> <div>10:30 MH Walking Club</div> <div>2:00 MS Sweets &amp; Social</div> <div>Making Pumpkin Crunch Parfaits</div> <div>7:00 H2 Cards/ Games</div>                                              | <div>28</div> <div>9:30 H3 Sit N' Fit</div> <div>2:00 H2 Fall High Tea Social</div> <div>7:00 DR Card Bingo</div>                                                                                         | <div>29</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 MS Bible Study</div> <div>10:30 MH Tuck Shop</div> <div>2:00 SA Chapel: Pastor Harry</div> <div>5:00 DR Dinner &amp; Dance</div> <div>Walkin' on Sunshine</div>                                                 | <div>30</div> <div>9:30 H3 Sit N' Fit</div> <div>10:30 H2 Cribbage</div> <div>2:00 SA Karaoke</div> <div>3:00 CAFÉ Happy Hour</div> <div>Halloween Costume Social</div> <div>7:00 GR Shuffleboard</div>                                                         | <div>31</div> <div>9:30 H3 Sit N' Fit</div> <div>10:00 CAFÉ Espresso Café</div> <div>10:15 H3 Chair Cardio</div> <div>1:00 MS Prayer Fellowship</div> <div>2:30 H3 Tunes Together</div> <div>6:30 SA Movie: Wallace &amp; Gromit</div>                                            | <div>"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."</div> <div>1 Thessalonians 5:18</div>                                                                                                                                    |