

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” 2 Corinthians 5:17				1	2	3
				Happy New Year 2026	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:00 MS Prayer Fellowship 6:30 SA Movie: Because of Winn-Dixie	1:00 WC Massage: Iuliia 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
4	5	6	7	8	9	10
10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 1:30 DR Coffee Connect 3:00 SA Documentary & Chat Masaka Kids: A Rhythm Within 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:00 H3 Brain Teasers 7:00 DR Card Bingo	9:30 H3 Sit N' Fit 10:15 H3 Chair Cardio 2:00 SA Chapel: Pastor Martin 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Cribbage/ Scrabble 2:00 SA Karaoke 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	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: Seven Days in Utopia	2:00 H2 Cards/ Games with Joanne 7:00 H2 Cards/ Games
11	12	13	14	15	16	17
10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 2:00 CAFÉ Art with Geri (Lvl 1) 7:00 H2 Cards/ Games	10:00 BUS TRIP: Devonian Botanical Gardens 2:00 DR Birthday Party with Romeo 7:00 DR Card Bingo	9:30 H3 Sit N' Fit 10:00 MS Bible Study with Pastor Allan 2:00 SA Chapel: Pastor Ed 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 2:00 SA Resident & Family Council Meeting 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	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: The Redemption of Henry Myers	10:00 SA Let's Talk Care & Connection with Josephine 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
18	19	20	21	22	23	24
10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 10:30 H2 Mexican Train 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:30 DR CCS Kindergarten Visit with Students 7:00 DR Card Bingo	9:30 H3 Sit N' Fit 10:00 MS Bible Study 10:00 SA Blood Pressure Clinic 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Cribbage/ Scrabble 2:00 SA Karaoke 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	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	10:00 SA Books n' Brew 2:00 H2 Cards/ Games with Joanne 2:00 SA Movie Matinee Iron Will 7:00 H2 Cards/ Games
25	26	27	28	29	30	31
10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 10:30 H2 Cribbage/ Scrabble 1:00 SA Piano with Heather 2:00 CAFÉ Art with Geri (Lvl 2) 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 2:00 MS Sweets & Social Pineapple Sheet Cake 7:00 DR Card Bingo	9:30 H3 Sit N' Fit 10:00 MS Bible Study 2:00 SA Chapel: Pastor 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 BUS TRIP: Edelweiss Shopping & Lunch 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	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: Young Woman and the Sea	1:00 WC Massage: Iuliia 2:00 H2 Cards/ Games with Mary 7:00 H2 Cards/ Games

SHALEM SPACES

H2 = Haven 2nd Floor
H3 = Haven 3rd Floor
CAFE = Shalem Café

WC = Wellness Centre (Spa Room)
MH = Main Hall by Leasing Office
DR = Dining Room

HC = Health Clinic
MS = Manor Social Room
SA = Shalem Atrium

GR = Games Room
CY = Courtyard
FR = Fitness Room (2nd Floor Court)

TV Channel 398
for Emmanuel Church