

"We love because he first loved us." - 1 John 4:19

FEBRUARY 2026

| SUNDAY                                                                                                                                                                                | MONDAY                                                                                                                                                                | TUESDAY                                                                                                                                                                                            | WEDNESDAY                                                                                                                                              | THURSDAY                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                      | SATURDAY                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                                                                     | 2                                                                                                                                                                     | 3                                                                                                                                                                                                  | 4                                                                                                                                                      | 5                                                                                                                                                         | 6                                                                                                                                                                                                                           | 7                                                                                                                                                                                       |
| 10:00 Emmanuel Church<br><i>Emmanuel or Streamed (SA&amp;H2)</i><br>2:00 H2 Cards/ Games<br>6:30 SA Hymn Sing<br>7:00 H2 Cards/ Games                                                 | 9:30 H3 Sit N' Fit<br>10:15 H3 Balance & Strength<br>2:00 H3 Brain Teasers                                                                                            | 9:30 H3 Sit N' Fit<br>2:00 SA Documentary & Chat<br><i>Dick Van Dyke Show Remembered</i><br>7:00 DR Card Bingo                                                                                     | 9:30 H3 Sit N' Fit<br>10:00 MS Bible Study<br><i>with Pastor Allan</i><br>10:30 H2 Mexican Train<br>2:00 SA Chapel: Pastor Martin                      | 9:30 H3 Sit N' Fit<br>10:15 H3 Chair Cardio<br>3:00 CAFÉ Happy Hour Social<br>7:00 GR Shuffleboard                                                        | 9:30 H3 Sit N' Fit<br>10:00 CAFÉ Espresso Café<br>1:00 MS Prayer Fellowship<br>2:30 H3 Tunes Together<br>6:30 SA Movie: <i>Queen Katwe</i>                                                                                  | 1:00 WC Massage: Iuliia<br>2:00 H2 Cards/ Games<br><i>with Mary</i><br>7:00 H2 Cards/ Games                                                                                             |
| 8                                                                                                                                                                                     | 9                                                                                                                                                                     | 10                                                                                                                                                                                                 | 11                                                                                                                                                     | 12                                                                                                                                                        | 13                                                                                                                                                                                                                          | 14                                                                                                                                                                                      |
| 10:00 Emmanuel Church<br><i>Emmanuel or Streamed (SA&amp;H2)</i><br>2:00 H2 Cards/ Games<br>4:00 SA SUPERBOWL PARTY<br><i>With volunteers, kickoff - 4:30</i><br>7:00 H2 Cards/ Games | 9:30 H3 Sit N' Fit<br>10:15 H3 Balance & Strength<br>1:30 DR Coffee Connect<br>2:00 CAFÉ Art with Geri (Lvl 1)<br>6:30 H2 Cards/ Games<br><i>with Mary</i>            | 9:30 H3 Sit N' Fit<br>2:00 DR Birthday Party<br><i>Wild Rose Duo</i><br>7:00 DR Card Bingo                                                                                                         | 9:30 H3 Sit N' Fit<br>10:00 MS Bible Study<br>10:30 MH Tuck Shop<br>2:00 SA Chapel: Pastor Ed<br>3:00 DR Sweets & Social<br><i>Brownie Fruit Pizza</i> | 9:30 H3 Sit N' Fit<br>10:15 H3 Gentle Fitness<br>1:30 H2 Cribbage/ Scrabble<br>3:00 CAFÉ Happy Hour Social<br>7:00 GR Shuffleboard                        | 9:30 H3 Sit N' Fit<br>10:00 CAFÉ Espresso Café<br>10:15 H3 Balance & Strength<br>1:00 MS Prayer Fellowship<br>2:30 H3 Tunes Together<br>6:30 SA Movie: <i>Forever in my Heart</i>                                           | <i>Happy Valentine's Day</i><br>1:00 Bus Trip: <i>Little Women</i><br><i>at Pump House Theatre</i><br>2:00 H2 Cards/ Games<br>7:00 H2 Cards/ Games                                      |
| 15                                                                                                                                                                                    | 16                                                                                                                                                                    | 17                                                                                                                                                                                                 | 18                                                                                                                                                     | 19                                                                                                                                                        | 20                                                                                                                                                                                                                          | 21                                                                                                                                                                                      |
| 10:00 Emmanuel Church<br><i>Emmanuel or Streamed (SA&amp;H2)</i><br>2:00 H2 Cards/ Games<br>6:30 SA Hymn Sing<br>7:00 H2 Cards/ Games                                                 | Family Day Holiday<br>9:30 H3 Sit N' Fit<br>10:15 H3 Balance & Strength<br>7:00 H2 Cards/ Games                                                                       | 9:30 H3 Sit N' Fit<br>10:30 H2 Tea & Chat<br>2:00 H2 Bible Trivia<br>5:00 DR Chinese New Year<br><i>Dinner &amp; Music</i><br>7:00 H2 Card Bingo<br><i>(Moved to H2 this date only)</i>            | 9:30 H3 Sit N' Fit<br>10:00 MS Bible Study<br>10:30 H2 Cribbage/ Scrabble<br>2:00 SA Chapel: Pastor Phil<br>7:00 DR BINGO with Lauren                  | 9:30 H3 Sit N' Fit<br>10:00 SA Blood Pressure Clinic<br>10:15 H3 Gentle Fitness<br>2:00 SA Karaoke<br>3:00 CAFÉ Happy Hour Social<br>7:00 GR Shuffleboard | 9:30 H3 Sit N' Fit<br>10:00 CAFÉ Espresso Café<br>1:00 MS Prayer Fellowship<br>2:30 H3 Tunes Together                                                                                                                       | 10:00 SA Let's Talk<br><i>Care &amp; Connection with Josephine</i><br>2:00 H2 Cards/ Games<br><i>with Joanne</i><br>2:00 SA Movie Matinee<br><i>Summer Snow</i><br>7:00 H2 Cards/ Games |
| 22                                                                                                                                                                                    | 23                                                                                                                                                                    | 24                                                                                                                                                                                                 | 25                                                                                                                                                     | 26                                                                                                                                                        | 27                                                                                                                                                                                                                          | 28                                                                                                                                                                                      |
| 10:00 Emmanuel Church<br><i>Emmanuel or Streamed (SA&amp;H2)</i><br>2:00 H2 Cards/ Games<br>7:00 H2 Cards/ Games                                                                      | 9:30 H3 Sit N' Fit<br>10:15 H3 Balance & Strength<br>1:00 SA Piano with Heather<br>2:00 CAFÉ Art with Geri (Lvl 2)<br>6:30 SA Chinese Massage<br>7:00 H2 Cards/ Games | 9:30 H3 Sit N' Fit<br>10:00 SA Reimagine Belonging<br><i>What communities<br/>in Europe are teaching us!</i><br>1:00 SA Sean Child - Violinist<br>2:30 H2 Cribbage/ Scrabble<br>7:00 DR Card Bingo | 9:30 H3 Sit N' Fit<br>10:00 MS Bible Study<br>2:00 SA Chapel: Pastor Harry<br>3:00 SA Remembering Midge<br>7:00 DR BINGO with Lauren                   | 9:30 H3 Sit N' Fit<br>10:00 Bus Trip: North Hill Centre<br>10:15 H3 Gentle Fitness<br>3:00 CAFÉ Happy Hour Social<br>7:00 GR Shuffleboard                 | 9:30 H3 Sit N' Fit<br>10:00 CAFÉ Espresso Café<br>10:00 SA Coffee with MP<br><i>David McKenzie</i><br>10:15 H3 Balance & Strength<br>1:00 MS Prayer Fellowship<br>2:30 H3 Tunes Together<br>6:30 SA Movie: <i>Iron Will</i> | 10:00 SA Books n' Brew<br><i>with Cheri</i><br>2:00 H2 Cards/ Games<br><i>with Joanne</i><br>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