

“Forget the former things; do not dwell on the past. See, I am doing a new thing.”  
 – Isaiah 43:18–19

# MARCH 2026

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
1			2			3			4			5			6			7		
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	10:00	SA	Books n' Brew
	<i>Emmanuel or Streamed (SA&amp;H2)</i>		10:15	H3	Balance & Strength	2:00	SA	Documentary & Chat	10:00	MS	Bible Study	10:15	H3	Gentle Fitness	9:30	DR	CCS Ukulele Music			<i>with Cheri</i>
2:00	H2	Cards/ Games	1:30	DR	Coffee Connect			<i>Rocky Mountain Express</i>			<i>with Pastor Allan</i>	2:00	SA	Karaoke	10:00	CAFÉ	Espresso Café	2:00	H2	Cards/ Games
6:30	SA	Hymn Sing				7:00	DR	Card Bingo	10:30	H2	Mexican Train	3:00	CAFÉ	Happy Hour Social	1:00	MS	Prayer Fellowship			<i>with Joanne</i>
7:00	H2	Cards/ Games							2:00	SA	Chapel: Pastor Martin	7:00	GR	Shuffleboard	2:30	H3	Tunes Together	7:00	H2	Cards/ Games
									7:00	DR	BINGO with Lauren				6:30	SA	Movie: <i>The Quiet Man</i>			
8			9			10			11			12			13			14		
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit			
	<i>Emmanuel or Streamed (SA&amp;H2)</i>		10:15	H3	Balance & Strength	2:00	DR	Birthday Party	10:00	MS	Bible Study	10:15	H3	Gentle Fitness	10:00	CAFÉ	Espresso Café	2:00	H2	Cards/ Games
2:00	H2	Cards/ Games	1:00	SA	Piano with Heather			<i>Father-Son Duo: Jon &amp; Cole Briggs</i>	10:00	SA	Wellness Session	1:30	H2	Cribbage/ Scrabble	10:00	SA	Coffee with our MP	7:00	H2	Cards/ Games
7:00	H2	Cards/ Games	2:00	CAFÉ	Art with Geri (Lvl 1)	7:00	DR	Card Bingo			<i>Stroke Awareness</i>	3:00	CAFÉ	Happy ☘ Social			<i>David McKenzie</i>			
			6:30	H2	Cards/ Games				10:30	MH	Tuck Shop	6:30	H3	Move & Match	10:15	H3	Balance & Strength			
					<i>with Mary</i>				2:00	SA	Chapel: Pastor Ed			<i>UofC Kinesiology Program</i>	1:00	MS	Prayer Fellowship			
												7:00	GR	Shuffleboard	6:30	SA	Movie: <i>A Marriage Made in Heaven</i>			
15			16			17			18			19			20			21		
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	<i>St. Patrick's Day ☘</i>			9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit			
	<i>Emmanuel or Streamed (SA&amp;H2)</i>		10:15	H3	Balance & Strength	9:30	H3	Sit N' Fit	10:00	MS	Bible Study	10:15	H3	Gentle Fitness	10:00	CAFÉ	Espresso Café	2:00	H2	Cards/ Games
2:00	H2	Cards/ Games	10:45		Bus Trip: String Concert	5:00	DR	St. Patrick's Day	10:00	SA	Blood Pressure Clinic	10:30	H2	Bible Trivia	10:15	H3	Chair Cardio			<i>with Joanne</i>
6:30	SA	Hymn Sing			<i>National Music Centre</i>			<i>Dinner &amp; Dance</i>	10:30	H2	Cribbage/ Scrabble	2:00	SA	Karaoke	1:00	MS	Prayer Fellowship	2:00	SA	Movie Matinee
7:00	H2	Cards/ Games	6:30	SA	Chinese Massage			<i>Waltzing Matilda's</i>	2:00	SA	Chapel: Pastor Phil	3:00	CAFÉ	Happy Hour Social	2:30	H3	Tunes Together			<i>A Hidden Life</i>
			7:00	H2	Cards/ Games				7:00	DR	BINGO with Lauren	7:00	GR	Shuffleboard				7:00	H2	Cards/ Games
22			23			24			25			26			27			28		
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit	10:00	SA	Let's Talk
	<i>Emmanuel or Streamed (SA&amp;H2)</i>		10:15	H3	Balance & Strength	2:00	MS	Sweets & Social	10:00	MS	Bible Study	10:15	H3	Gentle Fitness	10:00	CAFÉ	Espresso Café			<i>Care &amp; Connection with Josephine</i>
2:00	H2	Cards/ Games	10:30	H2	Tea & Chat			<i>Pistachio Cookies</i>	10:30		Bus Trip: ROARR	1:30	H2	Cribbage/ Scrabble	10:15	H3	Balance & Strength	2:00	H2	Cards/ Games
7:00	H2	Cards/ Games	2:00	CAFÉ	Art with Geri (Lvl 2)	7:00	DR	Card Bingo			<i>Lunch at RiverCross Ranch</i>	3:00	CAFÉ	Happy Hour Social	1:00	MS	Prayer Fellowship			<i>with Mary</i>
			6:30	H2	Cards/ Games				2:00	SA	Chapel: Pastor Harry	7:00	GR	Shuffleboard	2:30	H3	Tunes Together	7:00	H2	Cards/ Games
					<i>with Mary</i>										6:30	SA	Movie: <i>Vicky and Her Mystery</i>			
29			30			31			<b>SHALEM SPACES</b> H2 = Haven 2nd Floor      MH = Main Hall by Leasing Office      MS = Manor Social Room H3 = Haven 3rd Floor      DR = Dining Room      SA = Shalem Atrium CAFE = Shalem Café      HC = Health Clinic      GR = Games Room WC = Wellness Centre (Spa)      FR = Fitness Room (2nd Floor Court)      CY = Courtyard											
10:00	Emmanuel Church		9:30	H3	Sit N' Fit	9:30	H3	Sit N' Fit												
	<i>Emmanuel or Streamed (SA&amp;H2)</i>		10:15	H3	Balance & Strength	<b>Shalem Easter Dinner</b>														
2:00	H2	Cards/ Games	2:00	H3	Brain Teasers	<i>4:30PM &amp; 7:00PM Seatings</i>														
7:00	H2	Cards/ Games	7:00	H2	Cards/ Games	7:00	DR	Card Bingo												

**TV Channel 398  
for Emmanuel  
Church**