

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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SHALEM SPACES

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

MH = Main Hall by Leasing Office
HC = Health Clinic
FR = Fitness Room (2nd Floor Court)
MS = Manor Social Room

GR = Games Room
CY = Courtyard
DR = Dining Room
SA = Shalem Atrium

TV Channel 398
for Emmanuel Church



3	4	5	6	7	8	9
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 H3 Sit N' Fit 10:30 SA Falls Prevention <i>with Registered Physiotherapist</i> 1:30 DR Coffee Connect 2:30 SA Documentary & Chat <i>Secrets of the Bees</i> 7:00 H2 Cards/ Games	9:30 H3 Sit N' Fit 10:30 H2 Cards with John 1:00 SA Processing Grief #2 <i>Workshop with Pastor Cari</i> 3:00 H3 Afternoon Fitness <i>New Class - Instructor Heather</i> 7:00 DR Card Bingo	No 9:30 fitness class today 10:00 CAFÉ 5th Ave Jewelry Sale 10:15 H3 Gentle Fitness 10:30 H2 Bible Trivia 2:00 SA Chapel: Pastor Ed 3:00 SA Remembering Doris 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 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 1:15 MS Prayer Fellowship 2:30 H3 Tunes Together 6:30 SA Movie: Nothing is Impossible	10:00 SA Let's Talk <i>Care & Connection with Josephine</i> 2:00 H2 Cards/ Games 7:00 DR Evening of Music <i>The Fehr Family Band</i>
10	11	12	13	14	15	16
<i>Happy Mother's Day</i> 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 H3 Balance & Strength 10:30 SA Falls Preparedness <i>with Registered Physiotherapist</i> 2:00 CAFÉ Art with Geri (Lvl 1)	9:30 H3 Sit N' Fit 1:00 SA Processing Grief #3 <i>Workshop with Pastor Cari</i> 2:00 DR Birthday Party <i>Music by Romeo</i> 7:00 DR Card Bingo	9:30 H3 Sit N' Fit 10:00 SA Blood Pressure Clinic 10:30 H3 Trivia <i>with St. Gregory Students</i> 2:00 SA Chapel: Pastor Ed	9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Cards with John 10:30 Bus Trip: ROARR 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H2 Cribbage/ Scrabble 1:15 MS Prayer Fellowship	2:00 H2 Cards/ Games <i>with Joanne</i> 2:00 SA Movie Matinee <i>Lost on a Mountain in Maine</i> 7:00 H2 Cards/ Games
17	18	19	20	21	22	23
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	Victoria Day Holiday 6:30 H2 Cards/ Games <i>with Mary</i>	9:30 H3 Sit N' Fit 10:30 SA Calgary Police <i>Physical and Cyber Safety</i> 3:00 H3 Afternoon Fitness 7:00 DR Card Bingo	9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil 7:00 DR BINGO with Lauren	9:30 H3 Sit N' Fit 2:00 MS Sweets & Social <i>Fruit Cocktail Sheet Cake</i> 3:00 CAFÉ Tea Time Twist 7:00 GR Shuffleboard	9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:15 MS Prayer Fellowship 2:30 H3 Tunes Together 6:30 SA Movie: Safety	2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
24	25	26	27	28	29	30
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 H3 Balance & Strength 1:00 SA Piano with Heather 1:50 DR Games - CCS Students 2:00 CAFÉ Art with Geri (Lvl 2) 6:30 H2 Cards with Mary 6:30 SA Chinese Massage	9:30 H3 Sit N' Fit 1:30 H2 Cribbage/ Scrabble 3:00 H3 Afternoon Fitness 7:00 DR Evening of Music <i>New West Society Choir</i> 7:00 DR Card Bingo	9:30 H3 Sit N' Fit 2:00 SA Chapel: Pastor Harry	9:30 H3 Sit N' Fit 10:00 Bus Trip: North Hill Centre 10:15 H3 Gentle Fitness 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 1:15 MS Prayer Fellowship 2:30 H3 Tunes Together 7:00 DR C3 Church Visit <i>Worship with Youth & Young Adults</i>	2:00 H2 Cards/ Games <i>with Joanne</i> 2:00 SA Movie Matinee <i>Ruling of the Heart</i> 7:00 H2 Cards/ Games

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10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games

"I pray that the God who gives hope will fill you with much joy and peace as you trust in him. Then you will have more and more hope, and it will flow out of you by the power of the Holy Spirit. – Romans 15:13

