


"The just man walks in his integrity: his children are blessed after him." - Proverbs 20:7

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>JUNE 1 - 7 Seniors' Week</p>	1 9:30 H3 Sit N' Fit 10:00 SA Documentary & Chat <i>Secret of the Bees - Part 2</i> 1:50 DR Hymn Sing <i>Calgary Christian Students</i> 3:30 MH Walking Club 7:00 H2 Cards/ Games	2 9:30 H3 Sit N' Fit 1:30 H2 Cards: Aukje & John 3:00 H3 Afternoon Fitness 4:00 CY CCS Ukulele Group <i>Enjoy Music in the Courtyard</i> 7:00 DR Card Bingo	3 9:30 H3 Sit N' Fit 10:00 MS Bible Study 2:00 SA Chapel 3:00 CY Seniors' Week <i>Outdoor Social with Games</i> <i>(Move to Café if poor weather)</i> 7:00 DR BINGO with Lauren	4 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 CG Planting a Garden <i>Growing a Shalem Garden Box</i> 3:00 CAFÉ Happy Hour Social 7:00 H2 Cards/ Games	5 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:15 H3 Balance & Strength 1:15 MS Prayer Fellowship 2:30 SA Arbor Memorial <i>Planning Ahead: Wills & POA</i> 6:30 SA Movie: <i>The Forge</i>	6 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	
	7 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	8 9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 10:30 H2 Bible Trivia 7:00 H2 Cards/ Games	9 9:30 H3 Sit N' Fit 10:00 SA Wellness Session <i>Healthy Legs for Better Mobility</i> 2:00 DR Birthday Party <i>CC Dance Studio</i> 7:00 DR Card Bingo	10 9:00 HC Hearing Clinic 9:30 H3 Sit N' Fit 10:00 MS Bible Study 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Ed 3:00 SA Remembering Barb	11 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Cribbage/ Scrabble 3:00 CAFÉ Happy Hour Social 7:00 H2 Cards/ Games	12 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 3:30 MH Walking Club	13 2:00 H2 Cards/ Games <i>with Joanne</i> 2:00 SA Movie Matinee <i>Cheaper by the Dozen</i> 7:00 H2 Cards/ Games
14 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	15 9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 1:00 SA Piano with Heather 2:00 CAFÉ Art with Geri (Lvl 1) 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	16 9:30 H3 Sit N' Fit 1:30 H2 Cards: Aukje & John 3:00 H3 Afternoon Fitness 7:00 DR Card Bingo	17 9:00 BUS TRIP: Kananaskis <i>Forgetmenot Pond</i> 9:30 H3 Sit N' Fit 10:00 MS Bible Study 2:00 SA Chapel: Pastor Phil 3:30 MH Walking Club	18 9:30 H3 Sit N' Fit 10:15 H3 Brainteasers 2:00 SA Karaoke 3:00 CAFÉ Happy Hour Social 7:00 H2 Cards/ Games	19 <i>No Fitness Classes Today</i> 10:00 CAFÉ Espresso Café 1:15 MS Prayer Fellowship 2:00 DR Music With Dwayne 6:30 SA Movie: <i>Out of My Mind</i>	20 FATHER'S DAY BBQ 12:00 CY - BBQ Lunch (rsvp) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	
21 FATHER'S DAY 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 1:45 DR Cover to Cover <i>Oldies Music to Enjoy!</i> 7:00 H2 Cards/ Games	22 9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 10:00 DR Wellness Check-In <i>with our Health Clinic Team</i> 2:00 MS Sweets & Social <i>Recipe: Delicious Flan</i> 7:00 H2 Cards/ Games	23 9:30 H3 Sit N' Fit 3:00 H3 Afternoon Fitness 7:00 DR Card Bingo	24 9:30 H3 Sit N' Fit 10:00 SA Blood Pressure Clinic 10:00 MS Bible Study 2:00 SA Chapel: Pastor Harry 7:00 DR BINGO with Lauren	25 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 BUS TRIP: ROARR <i>RiverCross Ranch</i> 3:00 CAFÉ Tropical Social Hour 7:00 H2 Cards/ Games	26 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: TINĀ	27 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	
28 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA)</i> 2:00 H2 Cards/ Games 6:30 SA Hymn Sing 7:00 H2 Cards/ Games	29 9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 1:00 SA Pic-TUNE-ary 2:00 CAFÉ Art with Geri (Lvl 2) 7:00 H2 Cards/ Games	30 9:30 H3 Sit N' Fit 10:15 H2 Cards with Mary 7:00 DR Card Bingo	SHALEM SPACES H2 = Haven 2nd Floor CAFÉ = Shalem Café HC = Health Clinic MH = Main Hallway DR = Dining Room FR = Fitness Room (2nd Floor Court) WC = Wellness Centre (Spa Room) H3 = Haven 3rd Floor CG = Community Garden SA = Shalem Atrium GR = Games Room CY = Courtyard TV Channel 398 for Emmanuel Church				