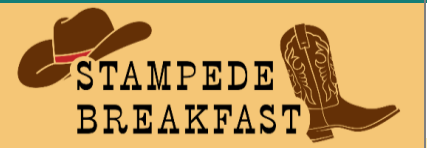


“but those who hope in the LORD will renew their strength.
They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”
– Isaiah 40:31

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHALEM SPACES H2 = Haven 2nd Floor H3 = Haven 3rd Floor CAFE = Shalem Café WC = Wellness Centre DR = Dining Room MH = Main Hall by Leasing Office HC = Health Clinic FR = Fitness Room (2nd Floor Court) MS = Manor Social Room SA = Shalem Atrium GR = Games Room CY = Courtyard TV Channel 398 for Emmanuel Church			1  9:30 H3 Sit N' Fit 10:00 Café Canada Day Treats	2 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	3 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 6:30 SA Movie: Solo Mio	4 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
5 10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	6 9:30 H3 Sit N' Fit 10:30 SA Piano with Heather 1:30 DR Coffee Connect 6:30 SA Chinese Massage 7:00 H2 Cards/ Games	7 9:30 H3 Sit N' Fit 7:00 DR Card Bingo	8  8:00AM-10:00AM In the Courtyard 2:00 SA Chapel: Pastor Martin	9 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Mexican Train 3:00 CAFÉ Happy Hour Social Stampede Western Wear 7:00 GR Shuffleboard	10 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 SA Fraud Prevention with Scotia Bank 2:30 H3 Tunes Together 6:30 SA Movie: Someone Like You	11 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
12 10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	13 No Exercise Classes 10:30 H2 Games/ Scrabble 2:00 CAFÉ Art with Geri (1&2) 7:00 H2 Cards/ Games	14 9:30 H3 Sit N' Fit 2:00 DR Birthday Party Piano by Dale 7:00 DR Card Bingo	15 9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Phil 3:00 CY Outdoor Games 7:00 DR BINGO with Stan	16 9:30 H3 Sit N' Fit 10:30 MH Walking Club 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	17 No Exercise Classes 10:00 CAFÉ Espresso Café 1:00 Bus Trip: Cochrane Mackays Ice Cream	18 2:00 H2 Cards/ Games 2:00 SA Movie Matinee The Pride of the Yankees 7:00 H2 Cards/ Games
19 10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	20 9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 1:30 SA Documentary & Chat Galapagos Marvels 7:00 H2 Cards/ Games	21 9:30 H3 Sit N' Fit 2:00 MS Sweets & Social Tea Biscuits 7:00 DR Card Bingo	22 9:30 H3 Sit N' Fit 10:00 SA Blood Pressure Clinic 10:30 H2 Tea & Chat 2:00 SA Chapel: Pastor Allan 3:00 MH Walking Club	23 9:30 H3 Sit N' Fit 10:30 SA The Clothing Lady Shop Discounted Clothing 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	24 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: Back to Green & Gold	25 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
26 10:00 Emmanuel Church Emmanuel or Streamed (SA&H2) 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	27 9:30 H3 Sit N' Fit 10:00 DR Wellness Check-In with our Health Clinic Team 10:15 H3 Balance & Strength 2:00 H3 Brain Teasers 7:00 H2 Cards/ Games	28 9:30 H3 Sit N' Fit 10:30 Bus Trip: Saskatoon Farm Enjoy a trip to the Foothills 7:00 DR Card Bingo	29 9:30 H3 Sit N' Fit 10:30 H2 Bible Trivia 2:00 SA Chapel: Pastor Harry 3:00 CY Outdoor Games with Ice Cream Social	30 9:30 H3 Sit N' Fit 2:00 SA Karaoke 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	31 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:30 H2 Games/ Scrabble 6:30 SA Movie: Lassie Come Home	

