

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rejoice in the Lord always. I will say it again: Rejoice! - <i>Philippians 4:4</i>						1 1:30 SA Violin with Sean 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
2 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	3  August Long Weekend Heritage Day	4 9:30 H3 Sit N' Fit 1:30 SA Documentary & Chat <i>Battle of the Beasts - Lions</i> 7:00 DR Card Bingo	5 9:30 H3 Sit N' Fit 10:30 H2 Mexican Train 2:00 SA Chapel: Pastor Martin 3:00 MH Walking Club	6 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 1:30 H2 Cards/ Games 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	7 <i>No Exercise Classes</i> 10:00 CAFÉ Espresso Café 12:45 Bus Trip: Glenbow Ranch <i>Golf Cart Historical Tour</i> 2:30 H3 Tunes Together 6:30 SA Movie: Sarah's Oil	8 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
9 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	10 9:30 H3 Sit N' Fit 10:15 H3 Balance & Strength 10:30 H2 Tea & Chat 2:00 CAFÉ Art with Geri 7:00 H2 Cards/ Games	11 9:30 H3 Sit N' Fit 2:00 DR Birthday Party <i>Jerry Proppe</i> 7:00 DR Card Bingo	12 9:30 H3 Sit N' Fit 10:30 MH Tuck Shop 2:00 SA Chapel: Pastor Harry 3:00 CY Outdoor Games	13 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	14 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 1:30 MS Games Social <i>with Volunteers Aukje & John</i>	15 2:00 H2 Cards/ Games 6:30 SA Movie <i>Champion</i> 7:00 H2 Cards/ Games
16 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	17 9:30 H3 Sit N' Fit 10:00 SA Walker Clinic <i>Tune-up & Walker Check</i> 7:00 H2 Cards/ Games	18 <i>No Exercise Classes</i> 12:45 Bus Trip: Bluebird Acres <i>Foothills Animal Therapy Farm</i> 7:00 DR Card Bingo	19 9:30 H3 Sit N' Fit 10:00 SA Blood Pressure Clinic 2:00 SA Chapel: Pastor Phil 3:00 MH Walking Club 7:00 DR BINGO with Stan	20 9:30 H3 Sit N' Fit 1:30 MS Sweets & Social <i>Chocolate Chip Walnut Cookies</i> 3:00 CAFÉ Happy Hour Social 7:00 GR Shuffleboard	21 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 2:30 H3 Tunes Together 6:00 CY Big Band Swing <i>Live Music & Dessert</i>	22 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
23 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	24 <i>No Exercise Classes</i> 10:00 SA Wellness Check-In <i>with our Health Clinic Team</i> 1:00 SA Piano with Heather 7:00 H2 Cards/ Games	25 9:30 H3 Sit N' Fit 2:00 H3 Brain Teasers 7:00 DR Card Bingo	26 9:30 H3 Sit N' Fit 10:15 H3 Gentle Fitness 10:30 H2 Bible Trivia 2:00 SA Chapel: Pastor Harry 3:00 CY Outdoor Games <i>and Ice Cream Floats</i>	27 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	28 9:30 H3 Sit N' Fit 10:00 CAFÉ Espresso Café 10:30 MH Walking Club 3:30 SA Cover to Cover Choir 6:30 SA Movie: One Life	29 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games
30 10:00 Emmanuel Church <i>Emmanuel or Streamed (SA&H2)</i> 2:00 H2 Cards/ Games 7:00 H2 Cards/ Games	31 9:30 H3 Sit N' Fit 10:30 H2 Cards/ Games 7:00 H2 Cards/ Games	SHALEM SPACES H2 = Haven 2nd Floor H3 = Haven 3rd Floor CAFE = Shalem Café WC = Wellness Centre DR = Dining Room HC = Health Clinic MS = Manor Social Room (3rd Floor) WC = Wellness Centre (Spa Room) MH = Main Hall by Leasing Office GR = Games Room SA = Shalem Atrium CY = Courtyard TV Channel 398 for Emmanuel Church				