For we live by faith, not by sight. - *2 Corinthians 5:7*

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 *No Exercise Classes* 10:45 **Bus Trip**: Riley Park *Picnic in the Park* 7:00 DR **Card Bingo**	**2** 9:30 H3 **Sit N' Fit** 10:30 SA **Calgary Police** *Q&A - Safety Conversation* 2:00 SA **Chapel:** Pastor Martin 7:00 DR **BINGO with Lauren**	**3** 9:30 H3 **Sit N' Fit** 10:30 MH **Walking Club** 1:30 H2 **Cards/ Games** 3:00 CAFÉ **Happy Hour Social** 7:00 GR **Shuffleboard**	**4** 9:30 H3 **Sit N' Fit** 10:00 CAFÉ **Espresso Café** 10:30 H2 **Cards/ Games** 6:30 SA **Movie:** *That Darn Cat!*	**5** 2:00 H2 **Cards/ Games** 7:00 H2 **Cards/ Games**
6 10:00 **Emmanuel Church** *Emmanuel or Streamed (SA&H2)* 2:00 H2 **Cards/ Games** 7:00 H2 **Cards/ Games**	**7** 9:30 H3 **Sit N' Fit** 10:15 H3 **Balance & Strength** **Labour Day Holiday**	**8** *No Morning Exercise Classes* 2:00 DR **Birthday Party** *Walkin' On Sunshine* 3:00 H3 **Afternoon Fitness** *with Heather* 7:00 DR **Card Bingo**	**9** 9:30 H3 **Sit N' Fit** 10:30 H2 **Mexican Train** 2:00 SA **Chapel:** Pastor Ed 5:00 CY **Outdoor BBQ** ***Volunteer Appreciation Event*** *Music by Romeo*	**10** 9:30 H3 **Sit N' Fit** 3:00 CAFÉ **Happy Hour Social** 1:30 H2 **Cards/ Games** 7:00 GR **Shuffleboard**	**11** 9:30 H3 **Sit N' Fit** 10:00 CAFÉ **Espresso Café** 10:30 H2 **Cards/ Games** 6:30 SA **Movie:** *Our Crossroads*	**12** 1:00 SA **Piano by Dale** 7:00 H2 **Cards/ Games**
13 10:00 **Emmanuel Church** *Emmanuel or Streamed (SA&H2)* 2:00 H2 **Cards/ Games** 7:00 H2 **Cards/ Games**	**14** 9:30 H3 **Sit N' Fit** 10:15 H3 **Balance & Strength** 1:30 DR **Coffee Connect** 7:00 H2 **Cards/ Games**	**15** 9:30 H3 **Sit N' Fit** 10:00 SA **Clothing Sale** 1:00 MS **Grief Sessions** *Workshop with Pastor Cari* 7:00 DR **Card Bingo**	**16** 9:30 H3 **Sit N' Fit** 10:00 SA **Blood Pressure Clinic** 2:00 SA **Chapel:** Pastor Phil 3:00 CY **Outdoor Games** 7:00 DR **BINGO with Lauren**	**17** 9:30 H3 **Sit N' Fit** 10:15 H3 **Gentle Fitness** 10:30 **Bus Trip**: North Hill Centre 3:00 CAFÉ **Happy Hour Social** 7:00 GR **Shuffleboard**	**18** 9:30 H3 **Sit N' Fit** 10:00 CAFÉ **Espresso Café** 10:15 H3 **Balance & Strength** 6:30 SA **Movie:** *Shadowlands*	**19** 2:00 H2 **Cards/ Games** 7:00 SA **An Evening Abroad** *Sips, Savours and Stories* 7:00 H2 **Cards/ Games**
20 10:00 **Emmanuel Church** *Emmanuel or Streamed (SA&H2)* 2:00 H2 **Cards/ Games** 6:30 SA **Hymn Sing** 7:00 H2 **Cards/ Games**	**21** 9:30 H3 **Sit N' Fit** 10:15 H3 **Balance & Strength** 10:30 SA **Piano with Heather** 1:30 SA **Manor Meeting** 2:30 H2 **Bible Trivia** 6:00 **Hot Dog Roast** Emmanuel Church Pergola 7:00 H2 **Cards/ Games**	**22** 9:30 H3 **Sit N' Fit** 1:00 SA **Grief Sessions** *Workshop with Pastor Cari* 3:00 H3 **Afternoon Fitness** 6:30 SA **Arbor Memorial** *Planning Ahead: Wills & POA* 7:00 DR **Card Bingo**	**23** 9:30 H3 **Sit N' Fit** 10:30 MH **Tuck Shop** 2:00 SA **Chapel:** Pastor Harry 3:00 CAFÉ **A Special Send-Off** *Celebrating Michelle*	**24** 9:30 H3 **Sit N' Fit** 10:00 SA **Wellness Session** *Understanding Vaccinations* 10:15 H3 **Gentle Fitness** 1:30 MS **Sweets & Social** *Butterscotch Brownies* 3:00 CAFÉ **Happy Hour Social** 7:00 GR **Shuffleboard**	**25** 9:30 H3 **Sit N' Fit** 10:00 CAFÉ **Espresso Café** 10:15 H3 **Balance & Strength** 10:30 SA **Documentary & Chat** *9/11 Reunited* 1:30 MS **Women's Fellowship**	**26** 2:00 H2 **Cards/ Games** 2:00 SA **Movie Matinee** *The Breadwinner* 7:00 H2 **Cards/ Games**
27 10:00 **Emmanuel Church** *Emmanuel or Streamed (SA&H2)* 2:00 H2 **Cards/ Games** 7:00 H2 **Cards/ Games**	**28** 9:30 H3 **Sit N' Fit** 10:00 SA **Wellness Check-In** *with our Health Clinic Team* 10:15 H3 **Balance & Strength** 2:00 CAFÉ **Art with Geri** 7:00 H2 **Cards/ Games**	**29** 9:30 H3 **Sit N' Fit** 10:00 **Bus Trip**: The Confluence 1:00 SA **Grief Sessions** *Workshop with Pastor Cari* 2:30 H2 **Tea & Chat** 3:00 H3 **Afternoon Fitness** 7:00 DR **Card Bingo**	**30** 9:30 H3 **Sit N' Fit** 10:30 H3 **Brain Teasers** 2:00 SA **Chapel:** Pastor Allan			

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