# OCTOBER 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|

## SHALEM SPACES

**H2** = Haven 2nd Floor
**CAFE** = Shalem Café
**WC** = Wellness Centre (Spa Room)
**MH** = Main Hall by Leasing Office
**DR** = Dining Room
**FR** = Fitness Room (2nd Floor Court)
**HC** = Health Clinic
**H3** = Haven 3rd Floor
**SA** = Shalem Atrium
**GR** = Games Room
**CY** = Courtyard
**MS** = Manor Social Room
**CP** = Court Parking Lot

**TV Channel 398 for Emmanuel Church**

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

*1 Thessalonians 5:18*

### 1 — NATIONAL SENIORS DAY
9:30 H3 **Sit N' Fit**
10:15 H3 **Gentle Fitness**
10:30 **Bus Trip:** Picnic in the Park
*Martin Family Legacy Garden*
2:00 DR **CCS Kindergarten**
3:00 CAFÉ **Happy Hour Social**
7:00 GR **Shuffleboard**

### 2
9:30 H3 **Sit N' Fit**
10:00 CAFÉ **Espresso Café**
10:15 H3 **Balance & Strength**
1:30 MS **Men's Fellowship**
*with Pastor Martin*
6:30 SA **Movie:** *Sound of Music Part 1*

### 3
2:00 H2 **Cards/ Games**
7:00 H2 **Cards/ Games**

### 4
10:00 **Emmanuel Church**
*Emmanuel or Streamed (SA&H2)*
2:00 H2 **Cards/ Games**
6:30 SA **Hymn Sing**
7:00 H2 **Cards/ Games**

### 5
9:30 H3 **Sit N' Fit**
10:15 H3 **Balance & Strength**
10:30 H2 **Bible Trivia**
1:30 DR **Coffee Connect**
3:00 H3 **Balloon Badminton**
7:00 H2 **Cards/ Games**

### 6
9:30 H3 **Sit N' Fit**
2:00 DR **Oktoberfest**
*Music with Dwayne Fettig*
3:00 H3 **Afternoon Fitness**
7:00 DR **Card Bingo**

### 7
9:30 H3 **Sit N' Fit**
10:00 MS **Bible Study**
2:00 SA **Chapel:** Pastor Martin
**THANKSGIVING DINNER**
**4:30 & 6:30 Dining Room**

### 8
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**

### 9
9:30 H3 **Sit N' Fit**
10:00 CAFÉ **Espresso Café**
10:15 H3 **Balance & Strength**
2:00 CAFÉ **Art with Geri** (Lvl 1)
2:30 H3 **Tunes Together**
6:30 SA **Movie:** *Sound of Music Part 2*

### 10
2:00 H2 **Cards/ Games**
7:00 H2 **Cards/ Games**

### 11
10:00 **Emmanuel Church**
*Emmanuel or Streamed (SA&H2)*
2:00 H2 **Cards/ Games**
7:00 H2 **Cards/ Games**

### 12
Thanksgiving
2:00 H2 **Cards/ Games**
7:00 H2 **Cards/ Games**

### 13
9:30 H3 **Sit N' Fit**
2:00 DR **Birthday Party**
*Black Hat & Bangles*
3:00 H3 **Afternoon Fitness**
7:00 DR **Card Bingo**

### 14
10:00 MS **Bible Study**
10:00 CAFÉ **Blood Pressure Clinic**
10:30 SA **Information Session**
*Chipperfield Physio Group Training*
2:00 SA **Chapel:** Pastor Ed
7:00 DR **BINGO with Lauren**

### 15
**9AM-3PM | Referendum Election**
*Atrium - Advance Voting*
9:30 H3 **Sit N' Fit**
10:15 H3 **Gentle Fitness**
3:00 CAFÉ **Happy Hour Social**
7:00 GR **Shuffleboard**

### 16
9:30 H3 **Sit N' Fit**
10:00 CAFÉ **Espresso Café**
1:30 MS **Women's Fellowship**
*with Anne-Marie*
2:30 H3 **Tunes Together**
6:30 SA **Movie:** *Sully*

### 17
2:00 H2 **Cards/ Games**
7:00 SA **An Evening Abroad**
*SPAIN: Sips, Savours and Stories*

### 18
10:00 **Emmanuel Church**
*Emmanuel or Streamed (SA&H2)*
2:00 H2 **Cards/ Games**
6:30 SA **Hymn Sing**
7:00 H2 **Cards/ Games**

### 19
**9:30-11:45 | Flu & COVID Clinic**
*Atrium - By Building*
9:30 H3 **Sit N' Fit**
10:15 H3 **Balance & Strength**
2:00 SA **Documentary & Chat**
*Antarctic Killer Whales*
7:00 H2 **Cards/ Games**

### 20
*No Morning Exercises*
1:30 H2 **Haven Meeting**
2:00 CAFÉ **Art with Geri** (Lvl 2)
3:00 H3 **Afternoon Fitness**
7:00 DR **Card Bingo**

### 21
9:30 H3 **Sit N' Fit**
10:00 MS **Bible Study**
10:00 **Bus Trip**: Thift & DQ Lunch
2:00 SA **Chapel:** Pastor Phil
7:00 H2 **Cards/ Games**

### 22
9:30 H3 **Sit N' Fit**
10:15 H3 **Gentle Fitness**
10:30 H2 **Tea & Chat**
1:30 MS **Sweets & Social**
*Nutella Cookies*
3:00 CAFÉ **Happy Hour Social**
7:00 GR **Shuffleboard**

### 23
9:30 H3 **Sit N' Fit**
10:00 CAFÉ **Espresso Café**
10:15 H3 **Balance & Strength**
1:30 MS **Men's Fellowship**
2:30 H3 **Tunes Together**

### 24
2:00 H2 **Cards/ Games**
6:30 SA **Movie:**
*Young Washington*

### 25
10:00 **Emmanuel Church**
*Emmanuel or Streamed (SA&H2)*
2:00 H2 **Cards/ Games**
7:00 H2 **Cards/ Games**

### 26
9:30 H3 **Sit N' Fit**
10:00 SA **Wellness Check-In**
*with our Health Clinic Team*
10:15 H3 **Balance & Strength**
1:00 SA **Piano with Heather**
2:00 DR **90s Club Celebration**
7:00 H2 **Cards/ Games**

### 27
9:30 H3 **Sit N' Fit**
2:00 DR **Memory Lane**
*Fashion Show*
7:00 DR **Card Bingo**

### 28
9:30 CP **Dental Clinic**
9:30 H3 **Sit N' Fit**
10:00 MS **Bible Study**
10:30 MH **Tuck Shop**
2:00 SA **Chapel:** Pastor Harry
7:00 DR **BINGO with Lauren**

### 29
9:30 H3 **Sit N' Fit**
10:00 H2 **Cards & Games**
2:00 SA **Karaoke**
3:00 CAFÉ **Happy Hour Social**
*Halloween Costume Fun*
7:00 DR **Rum Runners Band**

### 30
9:30 H3 **Sit N' Fit**
10:00 CAFÉ **Espresso Café**
10:15 H3 **Chair Cardio**
1:30 MS **Women's Fellowship**
2:30 H3 **Tunes Together**
6:30 SA **Movie:** *Wizard of Oz*

### 24
2:00 H2 **Cards/ Games**
7:00 H2 **Cards/ Games**