# Lest We Forget

# NOVEMBER 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>10:00 **Emmanuel Church**<br>*Emmanuel or Streamed (SA&H2)*<br>2:00 H2 **Cards/ Games**<br>6:30 SA **Hymn Sing**<br>7:00 H2 **Cards/ Games** | **2**<br>9:30 H2 **Sit N' Fit**<br>10:15 H2 **Balance & Strength**<br>1:30 DR **Coffee Connect**<br>2:00 HL **Dutch Shuffleboard**<br>7:00 H2 **Cards/ Games** | **3**<br>9:30 H3 **Sit N' Fit**<br>1:30 SA **Documentary & Chat**<br>*Building the Impossible*<br>*Panama Canal*<br>3:00 H3 **Afternoon Fitness**<br>7:00 MS **Card Bingo** | **4**<br>9:30 H3 **Sit N' Fit**<br>10:00 MS **Bible Study**<br>10:30 H2 **Cribbage & Scrabble**<br>2:00 SA **Chapel:** Pastor Martin | **5**<br>9:30 H3 **Sit N' Fit**<br>10:15 H3 **Gentle Fitness**<br>10:30 **Bus Trip**: North Hill Centre<br>3:00 CAFÉ **Happy Hour Social**<br>7:00 GR **Shuffleboard** | **6**<br>9:30 H3 **Sit N' Fit**<br>10:00 CAFÉ **Espresso Café**<br>1:30 MS **Men's Fellowship**<br>2:00 CAFÉ **Art with Geri**<br>2:30 H3 **Tunes Together**<br>6:30 SA **Movie:** *War Horse* | **7**<br>2:00 H2 **Cards/ Games**<br>7:00 H2 **Cards/ Games** |
| **8**<br>10:00 **Emmanuel Church**<br>*Emmanuel or Streamed (SA&H2)*<br>2:00 H2 **Cards/ Games**<br>7:00 H2 **Cards/ Games** | **9**<br>9:30 H3 **Sit N' Fit**<br>10:15 H3 **Balance & Strength**<br>10:30 H2 **Cribbage & Scrabble**<br>2:00 SA **Packing Shoe Boxes**<br>*Operation Christmas Child* | **10**<br>9:30 H3 **Sit N' Fit**<br>2:00 DR **Birthday Party**<br>*Music by MzBehavin Group*<br>3:00 H3 **Afternoon Fitness**<br>7:00 MS **Card Bingo** | **11**<br>**Remembrance Day**<br>**2:00PM Service**<br>**Dining Room** | **12**<br>9:30 H3 **Sit N' Fit**<br>10:00 SA **Blood Pressure Clinic**<br>10:15 H3 **Gentle Fitness**<br>1:30 SA **Court Meeting**<br>3:00 CAFÉ **Happy Hour Social**<br>7:00 GR **Shuffleboard** | **13**<br>9:30 H3 **Sit N' Fit**<br>10:00 CAFÉ **Espresso Café**<br>10:15 H3 **Balance & Strength**<br>1:30 MS **Women's Fellowship** | **14**<br>2:00 H2 **Cards/ Games**<br>6:30 SA **Movie:** *Up* |
| **15**<br>10:00 **Emmanuel Church**<br>*Emmanuel or Streamed (SA&H2)*<br>2:00 H2 **Cards/ Games**<br>4:45 SA **GREY CUP PARTY**<br>*Snacks & Pool Winners*<br>7:00 H2 **Cards/ Games** | **16**<br>9:30 H3 **Sit N' Fit**<br>10:15 H3 **Balance & Strength**<br>1:00 SA **Piano with Heather**<br>2:00 DR **Home School Class**<br>7:00 H2 **Cards/ Games** | **17**<br>9:30 H3 **Sit N' Fit**<br>2:00 CAFÉ **Art with Geri** (Lvl 2)<br>2:00 H2 **Bible Trivia**<br>3:00 H3 **Afternoon Fitness**<br>7:00 MS **Card Bingo** | **18**<br>9:30 H3 **Sit N' Fit**<br>10:00 MS **Bible Study**<br>2:00 SA **Chapel:** Pastor Phil<br>3:00 SA **Remembering Elsie**<br>6:30 SA **Chinese Massage**<br>7:00 DR **BINGO with Lauren** | **19**<br>9:30 H3 **Sit N' Fit**<br>10:30 H2 **Tea & Chat**<br>1:30 MS **Sweets & Social**<br>*Cupcakes*<br>3:00 CAFÉ **Happy Hour Social**<br>7:00 GR **Shuffleboard** | **20**<br>9:30 H3 **Sit N' Fit**<br>10:00 CAFÉ **Espresso Café**<br>1:00 MS **Men's Fellowship**<br>1:30 H2 **Cribbage & Scrabble**<br>2:30 H3 **Tunes Together**<br>6:30 SA **Movie:** *A Family Thanksgiving* | **21**<br>2:00 DR **Sunday School Visit**<br>*Annunciation Orthodox Church*<br>7:00 H2 **Cards/ Games** |
| **22**<br>10:00 **Emmanuel Church**<br>*Emmanuel or Streamed (SA&H2)*<br>2:00 H2 **Cards/ Games**<br>6:30 SA **Hymn Sing**<br>7:00 H2 **Cards/ Games** | **23**<br>*No Exercises*<br>10:45 **Bus Trip**: ROARR Lunch<br>*RiverCross Ranch*<br>2:00 H3 **Brain Teasers**<br>7:00 H2 **Cards/ Games** | **24**<br>9:30 H3 **Sit N' Fit**<br>1:00 SA **Wellness Gathering**<br>*with Pastor Cari: Worry & Anxiety*<br>2:00 HL **Dutch Shuffleboard**<br>3:00 H3 **Afternoon Fitness**<br>7:00 MS **Card Bingo** | **25**<br>9:30 H3 **Sit N' Fit**<br>10:30 MH **Tuck Shop**<br>2:00 SA **Chapel:** Pastor Harry<br>3:00 SA **Remembering Joanne**<br>7:00 DR **BINGO with Lauren** | **26**<br>9:30 H3 **Sit N' Fit**<br>10:15 H3 **Gentle Fitness**<br>2:00 SA **Karaoke**<br>3:00 CAFÉ **Happy Hour Social**<br>*National Cake Day Theme*<br>7:00 GR **Shuffleboard** | **27**<br>9:30 H3 **Sit N' Fit**<br>10:00 CAFÉ **Espresso Café**<br>10:15 H3 **Balance & Strength**<br>1:00 MS **Women's Fellowship**<br>6:30 SA **Movie:** *Hazel's Heart* | **28**<br>**Shalem Open House**<br>**1:00-4:00pm**<br>***45 Years of Community***<br>7:00 H2 **Cards/ Games** |
| **29**<br>10:00 **Emmanuel Church**<br>*Emmanuel or Streamed (SA&H2)*<br>2:00 H2 **Cards/ Games**<br>7:00 H2 **Cards/ Games** | **30**<br>9:30 H3 **Sit N' Fit**<br>10:15 H3 **Balance & Strength**<br>10:30 H2 **Cribbage & Scrabble** | | | | | |

## 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
**HL** = Haven 2nd Floor Lounge Area
**GR** = Games Room
**CY** = Courtyard
**MS** = Manor Social Room

**TV Channel 398**
**for Emmanuel Church**

*In Flanders fields, the poppies blow between the crosses, row on row, that mark our place; and in the sky, the larks, still bravely singing, fly, scarce heard amid the guns below.*