

# NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>H2 = Haven 2<sup>nd</sup> Floor</b> <b>H3 = Haven 3<sup>rd</sup> Floor</b>	<b>CY = Courtyard</b> <b>DR = Dining Room</b>	<b>Café = Shalem Cafe</b> <b>CG = Café Garden</b>	<b>SA = Shalem Atrium</b>			
1	2	3	4	5	6	7
	9:30 <b>H3</b> Exercise-Guest Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	
	10:15 <b>SA</b> Exercise-Guest ALL Residents	10:30 <b>H3</b> FUN Bingo	10:30 <b>SA</b> Water Colour Card Making with Margot	10:15 <b>SA</b> Exercise All Residents	7:00 <b>CAFE</b> MOVIE "Unbroken"	
			3:00 <b>SA</b> Chapel Pastor David Swinney	2:00 <b>SA</b> Brain Teasers		
8	9	10	11	12	13	14
	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	<b>REMEMBRANCE DAY</b> <i>Let's We Forget</i> 	9:30 <b>H3</b> Exercise-Guest Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	
10:00 Emmanuel Church Service Ch.398		10:15 <b>SA</b> Exercise All Residents		10:15 <b>SA</b> Exercise-Guest ALL Residents		
		2:00 <b>SA</b> Game Name That Animal		2:00 <b>SA</b> Game -Trivia		
				11:00 <b>SA</b> Remembrance Day Ceremony Service #2		
			7:00 <b>SA</b> BINGO - Lauren (Sign-up) All Welcome			
15	16	17	18	19	20	21
	9:30 <b>H3</b> Exercise-Guest Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	
10:00 Emmanuel Church Service Ch.398	10:15 <b>SA</b> Exercise-Guest ALL Residents	10:45 <b>CAFE</b> Armchair Travel The Glenbow, All Welcome	10:15 <b>SA</b> Exercise All Residents	10:15 <b>SA</b> Exercise All Residents		
		2:00 <b>H3</b> Brain Teasers	3:00 <b>SA</b> Chapel Pastor Kevin Powell	2:00 <b>H3</b> Memory Game		
22	23	24	25	26	27	28
	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	9:30 <b>H3</b> Exercise-Guest Haven Residents	9:30 <b>H3</b> Exercise Haven Residents	
		10:15 <b>SA</b> Exercise All Residents	10:15 <b>SA</b> Exercise All Residents	10:15 <b>SA</b> Exercise-Guest ALL Residents		
10:00 Emmanuel Church Service Ch.398		2:00 <b>SA</b> Get Moving Activity - All Welcome	2:00 <b>CAFE</b> Mental Health Seminar with Liz Kale	2:00 <b>SA</b> News & Views Coffee & Chat		
			7:00 <b>SA</b> BINGO- Lauren (Sign-up) All Welcome			
29	30	 <i>We Will Remember Them</i> <b>REMEMBRANCE DAY</b> 				
10:00 Emmanuel Church Service Ch.398	9:30 <b>H3</b> Exercise Haven Residents					

<sup>10</sup> So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.  
Isaiah 41:10