

**Building resilience and ability
to cope with challenges ...**

2022



Ontario Conference Seniors' Calendar

Production of the Seniors' Ministry - Pastor Mansfield Edwards, President

“Making Every Day Count”
Building resilience and ability to cope with challenges...
Spiritually, Mentally, Socially and Physically



*Be proactive
... reactive
... and resilient*

REMEMBER

SENIORS' DISCOUNTS:

Always ask for seniors' discount!

SCAMS & FRAUDS

Please beware: Protect yourself, your device and your account. If you're in doubt, if you don't know the caller, or e-mail link, do not engage.

To report fraud, call: **1-888-495-8501**

GOVERNMENT AID

- Assistive Devices Program (ADP):
1-800-267-8097
- Seniors Programs and Services:
1-888-910-1999
- Seniors' Safety Line: **1-866-299-1011**
- Guaranteed Annual Income System (GAINS)
- Ontario Trillium Benefit
- Ontario Senior Homeowners' Property Tax Grant
- Healthy Homes Renovation Tax Credit
1-866-668-8297



Spiritual

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

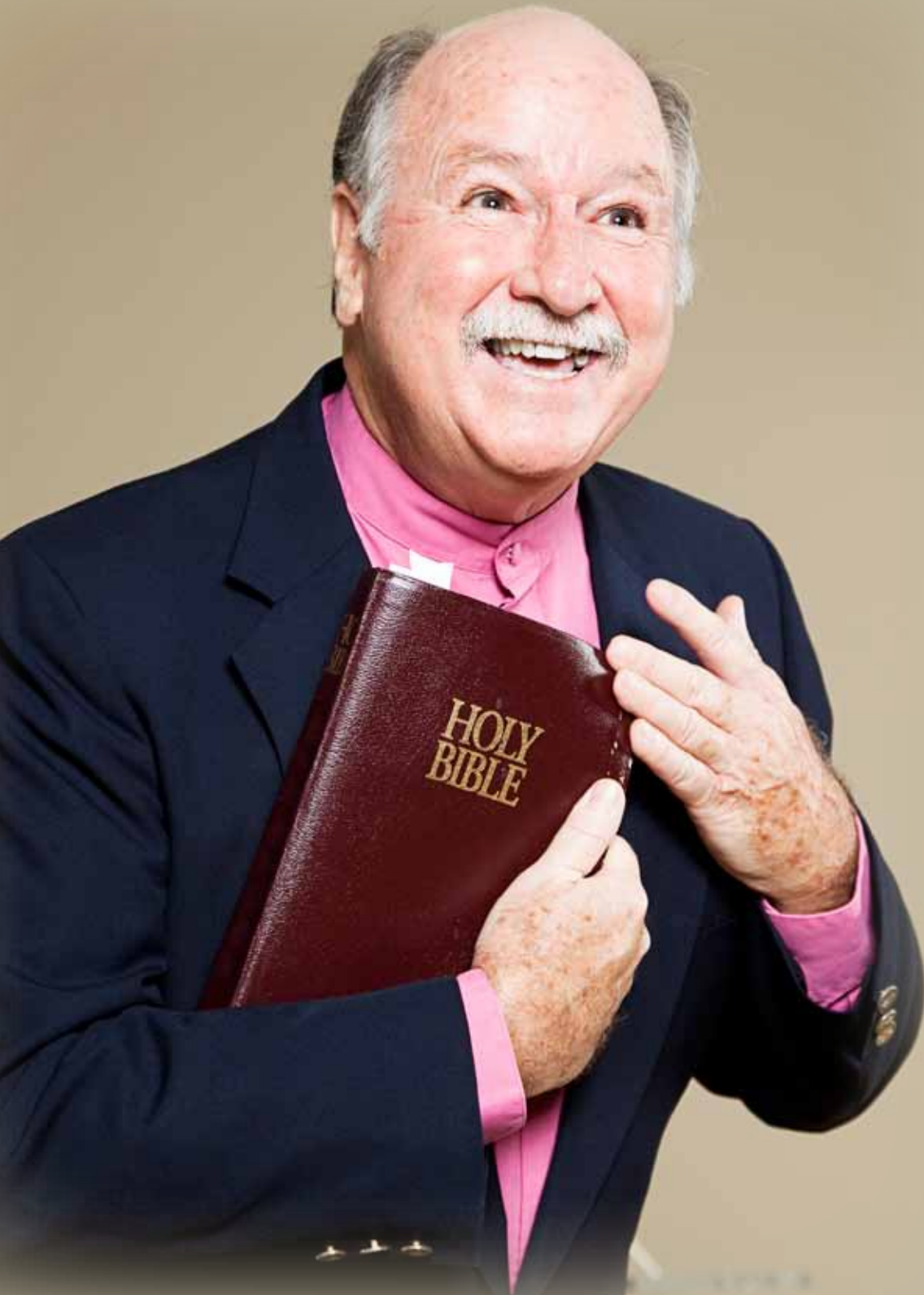
Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4

JANUARY

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
						1 New Year a day of personal prayers for a closer walk with God Psalm 86:15					
2 Isaiah 57:15	3 Matth. 19:25-26	4 Ephes. 3:14-21	5 Deut. 31:7-8	6 Psalm 34:18	7 Psalm 55:22	8 Isaiah 49:13					
9 Romans 5:5	10 Genes. 50:20-21	11 Psalm 37:1-2	12 Matth. 5:10	13 II Corinth. 4:8-12	14 II Timothy 2:11	15 II Timothy 2:12					
16 II Timothy 3:12	17 I Peter 3:12-14	18 Isaiah 41:13	19 I Peter 5:7	20 Psalm 37:4	21 Psalm 84:11	22 Psalm 103:2-5					
23 Psalm 73:26	24 Lamin. 3:21-22	25 Lamin. 3:23	26 Isaiah 54:10	27 Jeremiah 31:3	28 John 3:16	29 A sermon to all congregations by Ontario Conference president Romans 8:38-39					
30 John 15:9	31 John 15:13										
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	7 JAN	4:38 PM	4:45 PM	4:57 PM	5:01 PM	5:07 PM	5:16 PM	4:48 PM	4:54 PM	5:07 PM	5:20 PM
	14 JAN	4:47 PM	4:53 PM	5:05 PM	5:08 PM	5:15 PM	5:24 PM	4:57 PM	5:02 PM	5:16 PM	5:29 PM
	21 JAN	4:56 PM	5:02 PM	5:14 PM	5:17 PM	5:23 PM	5:32 PM	5:07 PM	5:12 PM	5:25 PM	5:39 PM
	28 JAN	5:06 PM	5:12 PM	5:23 PM	5:26 PM	5:32 PM	5:41 PM	5:18 PM	5:22 PM	5:36 PM	5:50 PM



Spiritual

Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests.

Ephesians 6

FEBRUARY

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
		1 Chinese New Year I John 4:18	2 II Timothy 1:7	3 II Chron. 7:14	4 Psalm 103:12	5 Jeremiah 31:34					
6 Luke 15:3-7	7 Acts 10:43	8 Ephes. 1:7	9 I John 1:9	10 Psalm 37:39	11 Isaiah 25:8-9	12 Matth. 1:21-23					
13 Acts 16:23-31	14 Valentines Day Ephes. 2:8	15 Isaiah 41:10	16 Jeremiah 33:3	17 II Corinth. 3:17	18 II Thessal. 2:16	19 II Thessal. 2:17					
20 I Peter 2:9-10	21 Family Day Psalm 68:19	22 Psalm 128:1	23 Matth. 5:5-6	24 Matth. 5:7	25 Matth. 5:9	26 Ephes. 1:3					
27 Joshua 1:5	28 Joshua 1:6-7										
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	4 FEB	5:16 PM	5:22 PM	5:33 PM	5:36 PM	5:42 PM	5:50 PM	5:29 PM	5:33 PM	5:46 PM	6:01 PM
	11 FEB	5:26 PM	5:32 PM	5:42 PM	5:45 PM	5:51 PM	5:59 PM	5:41 PM	5:43 PM	5:57 PM	6:13 PM
	18 FEB	5:36 PM	5:41 PM	5:52 PM	5:54 PM	6:00 PM	6:08 PM	5:52 PM	5:54 PM	6:07 PM	6:24 PM
	25 FEB	5:46 PM	5:51 PM	6:01 PM	6:03 PM	6:09 PM	6:17 PM	6:03 PM	6:04 PM	6:18 PM	6:35 PM

Spiritual

Be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. *Ephesians 5:19*



MARCH

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
		1 Joshua 1:8	2 Ash Wednesday Psalm 23:4	3 Psalm 46:1	4 Isaiah 43:1-5	5 Matth. 28:18-20					
6 Romans 8:38-39	7 Hebrews 13:5-6	8 John 1:12	9 John 3:36	10 John 5:24	11 Ephes. 2:9	12 Joel 2:29					
13 Day Time Saving Begins Luke 11:13	14 John 14:13-16	15 John 16:8	16 John 6:37	17 St. Patrick Day John 10:28-29	18 Psalm 92:12	19 Psalm 92:13					
20 Psalm 92:14	21 Ephes. 4:15	22 Philip. 1:6	23 John 6:37	24 Matth. 20:26	25 Matth. 20:27	26 John 15:16					
27 Psalm 73:26	28 Isaiah 40:29	29 Psalm 4:8	30 Psalm 23:4	31 Psalm 27:14							
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	4 MAR	5:56 PM	6:00 PM	6:10 PM	6:12 PM	6:18 PM	6:26 PM	6:14 PM	6:14 PM	6:28 PM	6:46 PM
	11 MAR	6:05 PM	6:09 PM	6:19 PM	6:21 PM	6:27 PM	6:34 PM	6:25 PM	6:24 PM	6:38 PM	6:56 PM
	18 MAR	7:14 PM	7:17 PM	7:27 PM	7:29 PM	7:35 PM	7:42 PM	7:35 PM	7:34 PM	7:47 PM	8:07 PM
	25 MAR	7:23 PM	7:26 PM	7:36 PM	7:38 PM	7:43 PM	7:50 PM	7:46 PM	7:43 PM	7:57 PM	8:17 PM

Mental Health is the state of your psychological and emotional well-being. It is a necessary resource for living a healthy life and a main factor in overall health. It does not mean the same thing as mental illness. However, poor mental health can lead to mental and physical illness. Good mental health allows you to feel, think and act in ways that help you enjoy life and cope with its challenges.

Health Canada

- Train your brain by playing brain challenging games. It can help you get better at concentrating.
- Get a daily dose of the joy of praising and worshipping God. You will be pleasantly surprised.
- Try a new hobby; be creative.
- Read an interesting book.
- If you are able, volunteer.

Mental

A close-up photograph of two hands, one appearing to be an adult's and the other a child's, clasped together in a supportive grip. The background is a bright blue sky with soft, white clouds. The image is partially obscured by a light blue graphic overlay on the left side.

APRIL

APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
					1 Nahum 1:7	2 II Corinth. 1:9-10					
3 II Timothy 1:7	4 Hebrews 13:5-6	5 Isaiah 58:11	6 John 6:37	7 II Corinth. 9:8-11	8 Ephes. 3:20	9 Philip. 4:19					
10 Psalm 4:8	11 Genes. 17:5-6	12 II Chron. 7:14	13 John 8:31	14 John 8:32	15 Good Friday John 14:21-23	16 Ephes. 6:1-3					
17 Easter Sunday Psalm 119:50	18 Psalm 119:76	19 Psalm 119:77	20 Matth. 5:4	21 Ephes. 3:19-20	22 II Thessal. 3:3	23 I Peter 5:10					
24 II Chron. 7:14	25 Psalm 4:3	26 Psalm 66:18	27 Matth. 7:7	28 Matth. 7:8	29 I Peter 3:12	30 I John 1:7					
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	1 APR	7:32 PM	7:35 PM	7:44 PM	7:46 PM	7:51 PM	7:58 PM	7:56 PM	7:53 PM	8:06 PM	8:28 PM
	8 APR	7:41 PM	7:43 PM	7:53 PM	7:54 PM	7:59 PM	8:06 PM	8:06 PM	8:02 PM	8:16 PM	8:38 PM
	15 APR	7:50 PM	7:52 PM	8:01 PM	8:02 PM	8:07 PM	8:14 PM	8:17 PM	8:12 PM	8:25 PM	8:48 PM
	22 APR	7:59 PM	8:00 PM	8:09 PM	8:11 PM	8:16 PM	8:22 PM	8:27 PM	8:21 PM	8:35 PM	8:58 PM
29 APR	8:08 PM	8:09 PM	8:18 PM	8:19 PM	8:24 PM	8:29 PM	8:37 PM	8:30 PM	8:44 PM	9:08 PM	

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Psalm 139:13-14



*Happy
Mother's day*

MAY

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
1 I John 1:9	2 I John 5:14-15	3 Acts 1:7-11	4 I Thess. 4:14-16	5 I Thess. 4:17-18	6 Revelation 1:7	7 Psalm 130:3					
8 Mother's Day Psalm 130:4	9 Psalm 130:7	10 John 5:24	11 Romans 8:1-2	12 Psalm 29:11	13 Psalm 119:165	14 Isaiah 26:3					
15 John 14:27	16 John 16:33	17 Romans 5:1	18 Ephes. 2:13-14	19 Coloss. 1:19-20	20 II Thessal. 3:16	21 Psalm 16:8-11					
22 Psalm 90:14	23 Victoria Day Psalm 97:11-12	24 John 15:11	25 John 16:24	26 I Peter 1:3-9	27 John 8:31-32	28 John 8:34-36					
29 Galatians 5:1	30 Galatians 5:13	31 Romans 8:1									
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	6 MAY	8:17 PM	8:17 PM	8:26 PM	8:27 PM	8:32 PM	8:37 PM	8:47 PM	8:40 PM	8:53 PM	9:18 PM
	13 MAY	8:26 PM	8:25 PM	8:34 PM	8:34 PM	8:39 PM	8:45 PM	8:57 PM	8:49 PM	9:02 PM	9:28 PM
	20 MAY	8:33 PM	8:33 PM	8:41 PM	8:42 PM	8:46 PM	8:52 PM	9:06 PM	8:57 PM	9:10 PM	9:37 PM
	27 MAY	8:40 PM	8:39 PM	8:48 PM	8:48 PM	8:53 PM	8:58 PM	9:14 PM	9:04 PM	9:18 PM	9:45 PM

Happy Father's Day



JUNE

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
JUNE IS SENIORS' MONTH			1 Romans 8:2	2 I Corinth. 6:11	3 Hebrews 10:35	4 Hebrews 10:36					
			5 II Corinth. 12:9	6 Romans 8:26-27	7 Hebrews 4:16	8 James 4:8	9 James 4:10	10 James 5:16	11 Psalm 27:13		
12 Matth. 11:28-30	13 I Timothy 1:16	14 Hebrews 6:12	15 II Peter 3:9	16 Psalm 32:8	17 Isaiah 42:16-21	18 John 8:12					
19 Father's Day Psalm 27:14	20 James 1:5	21 National Indigenous People's Day I Corinth. 10:13	22 Hebrews 2:18	23 Hebrews 4:14-15	24 James 1:4	25 Romans 8:26					
26 John 14:27	27 II Corinth. 12:10	28 I Corinth. 1:3-4	29 Psalm 34:18	30 Psalm 34:19							
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	3 JUN	8:46 PM	8:45 PM	8:54 PM	8:54 PM	8:59 PM	9:04 PM	9:21 PM	9:11 PM	9:24 PM	9:52 PM
	10 JUN	8:51 PM	8:49 PM	8:58 PM	8:59 PM	9:03 PM	9:08 PM	9:26 PM	9:16 PM	9:29 PM	9:57 PM
	17 JUN	8:54 PM	8:52 PM	9:01 PM	9:02 PM	9:06 PM	9:11 PM	9:29 PM	9:19 PM	9:33 PM	10:01 PM
	24 JUN	8:55 PM	8:53 PM	9:03 PM	9:03 PM	9:08 PM	9:12 PM	9:31 PM	9:21 PM	9:34 PM	10:02 PM



Mental

- Share your feelings. It can help you stay in good mental health.
- Ask for help when and if needed.
- Connect with youth and children. Helping others will help you feel good about yourself.
- If you can, adopt or care for a pet.
- Get enough sleep and rest well.
- Create a healthy daily routine.
- Eat healthy; eat well.
- Listen to music. It's very relaxing.

JULY

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
					1  Canada Day John 14:1-3	2 John 14:27					
3 Romans 8:14-17	4 II Corinth. 2:14	5 I Peter 2:21-24	6 I Peter 4:12-13	7 Hebrews 12:2	8 Luke 7:2-9	9 Hebrews 6:17-19					
10 James 1:5-6	11 I Peter 1:3	12 I John 5:11-13	13 John 5:39	14 Revelation 21:4	15 Malachi 3:6	16 Psalm 103:8					
17 Psalm 33:11	18 Genesis 1:27-28	19 Ephes. 1:4-5	20 Colos. 1:12-13	21 John 3:16	22 Galatians 4:6	23 Numbers 6:24					
24 Jeremiah 29:13	25 Psalm 97:10	26 1 Peter 5:7	27 1 Corin. 10:13	28 1 Corin. 13:4-7	29 Psalm 84:11	30 Psalm 146:9					
31 Ephes. 6:9	 HAPPY CANADA DAY										
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	1 JUL	8:54 PM	8:53 PM	9:02 PM	9:03 PM	9:07 PM	9:12 PM	9:30 PM	9:20 PM	9:33 PM	10:01 PM
	8 JUL	8:51 PM	8:50 PM	9:00 PM	9:01 PM	9:05 PM	9:10 PM	9:27 PM	9:17 PM	9:31 PM	9:58 PM
	15 JUL	8:47 PM	8:46 PM	8:56 PM	8:57 PM	9:01 PM	9:06 PM	9:22 PM	9:13 PM	9:26 PM	9:53 PM
	22 JUL	8:40 PM	8:39 PM	8:50 PM	8:51 PM	8:56 PM	9:01 PM	9:15 PM	9:06 PM	9:20 PM	9:46 PM
29 JUL	8:32 PM	8:32 PM	8:43 PM	8:44 PM	8:49 PM	8:54 PM	9:06 PM	8:58 PM	9:12 PM	9:37 PM	



Social

- Stay positive and surround yourself with positive people; stay connected in person, by phone or through social media.
- Get involved in the community (when restrictions are lifted).
- Connect with spiritual people who will help strengthen your faith and morale.

AUGUST

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
	1 Civic Holiday Psalm 116:6	2 Romans 8:37	3 1 Peter 5:4	4 Matthew 13:43	5 Joshua 23:14	6 Psalms 103:19					
7 Isaiah 46:10	8 Jeremiah 1:5	9 Colos. 1:21-22	10 Isaiah 44:22	11 Ephes. 1:13-14	12 2 Corin. 6:18	13 Psalm 32:8					
14 Proverbs 3:5-6	15 2 Thessal. 3:16	16 Psalm 91:15	17 Psalm 61:3	18 Isaiah 64:4	19 1 Corin. 13:8	20 Psalm 23:1					
21 John 10:29	22 Psalm 147:3	23 Matthew 5:4	24 2 Corin. 3:17	25 1 John 4:16	26 Psalm 9:10	27 Psalm 68:6					
28 1 John 5:14	29 Hebrews 11:6	30 1 Thessal. 5:23-24	31 2 Corin. 5:1								
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	5 AUG	8:23 PM	8:23 PM	8:35 PM	8:36 PM	8:40 PM	8:46 PM	8:56 PM	8:48 PM	9:02 PM	9:27 PM
	12 AUG	8:12 PM	8:13 PM	8:25 PM	8:26 PM	8:31 PM	8:37 PM	8:44 PM	8:38 PM	8:51 PM	9:15 PM
	19 AUG	8:01 PM	8:01 PM	8:14 PM	8:15 PM	8:20 PM	8:26 PM	8:31 PM	8:26 PM	8:39 PM	9:03 PM
	26 AUG	7:48 PM	7:50 PM	8:02 PM	8:04 PM	8:09 PM	8:15 PM	8:18 PM	8:13 PM	8:27 PM	8:49 PM

- **Take a walk in nature.**
- **Walk with your *Seniors' Walking Club*.**
- **Walking improves circulation.**
- **It shores up your bones.**
- **It lightens mood.**
- **It can help weight loss.**
- **It strengthens muscles.**
- **It improves sleep.**
- **It supports your joints.**
- **It slows mental decline.**
- **It helps you do more, longer.**

Physical

SEPTEMBER



SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
				1 Revelation 3:21	2 Acts 2:39	3 2 Corin. 1:20					
4 Psalm 24:1	5 Labour Day Galatians 3:29	6 Ezekiel 36:26-27	7 Jeremiah 29:11	8 Philip. 2:13	9 Hebrews 6:17-18	10 Job 33:4					
11 Psalm 139:7-10	12 Psalm 37:18	13 Psalm 139:13	14 Luke 12:32	15 Numbers 6:25	16 Psalm 119:105	17 Matthew 8:16-17					
18 Romans 8:26	19 Philip. 4:13	20 Deut. 31:6	21 Psalm 46:1	22 Psalm 12:7	23 Psalm 5:3	24 John 16:15					
25 Psalm 23:6	26 Isaiah 54:13	27 Hebrews 6:10	28 Proverbs 19:17	29 Deut. 28:2	30 Matthew 6:8						
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	2 SEP	7:35 PM	7:37 PM	7:50 PM	7:52 PM	7:57 PM	8:03 PM	8:04 PM	8:00 PM	8:13 PM	8:35 PM
	9 SEP	7:22 PM	7:24 PM	7:38 PM	7:39 PM	7:45 PM	7:51 PM	7:49 PM	7:46 PM	8:00 PM	8:21 PM
	16 SEP	7:09 PM	7:11 PM	7:25 PM	7:27 PM	7:32 PM	7:39 PM	7:35 PM	7:32 PM	7:46 PM	8:06 PM
	23 SEP	6:55 PM	6:58 PM	7:12 PM	7:14 PM	7:20 PM	7:27 PM	7:20 PM	7:18 PM	7:32 PM	7:52 PM
30 SEP	6:42 PM	6:45 PM	6:59 PM	7:01 PM	7:07 PM	7:14 PM	7:05 PM	7:05 PM	7:18 PM	7:37 PM	

Physical



- Healthy eating and balanced diet boost resilience and go a long way.
- Reduce or eliminate processed and sugar or salt laden food consumption.
- Eat simple, nutritious meals that are easy to prepare.
- Omega 3 & 6 are essential to health and brain, and in addition to wholesome foods, sometimes supplements are needed, so consult with your physician.

OCTOBER

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
						1 Seniors Day Isaiah 61:1					
2 2 Peter 2:9	3 Psalm 30:5	4 Matthew 5:6	5 Matthew 13:11	6 Revelation 2:7	7 1 Corin. 2:9	8 Matthew 5:8					
9 Philip. 1:6	10 Thanksgiving Day Titus 1:2	11 Psalm 100:5	12 Psalm 36:6	13 Isaiah 55:10-11	14 Psalm 145:16	15 Psalm 103:13					
16 1 Samuel 12:22	17 Psalm 63:3	18 Hebrews 10:10	19 Psalm 103:12	20 Galatians 5:1	21 2 Corin. 1:21-22	22 James 1:17					
23 Matthew 17:19-20	24 Jeremiah 33:3	25 Psalm 25:14	26 Ephes. 3:20	27 Isaiah 43:2	28 Isaiah 54:17	29 Isaiah 61:3					
30 1 Peter 4:14	31 Romans 2:4	<i>Happy Thanksgiving</i>									
SUNSET TIMES	Sabb. 7 OCT 14 OCT 21 OCT 28 OCT	Ottawa 6:29 PM 6:16 PM 6:04 PM 5:53 PM	Kingston 6:33 PM 6:21 PM 6:09 PM 5:59 PM	Toronto 6:47 PM 6:35 PM 6:23 PM 6:13 PM	Hamilton 6:49 PM 6:37 PM 6:26 PM 6:16 PM	London 6:55 PM 6:43 PM 6:32 PM 6:22 PM	Windsor 7:02 PM 6:51 PM 6:40 PM 6:30 PM	Timmins 6:51 PM 6:37 PM 6:24 PM 6:11 PM	Sudbury 6:51 PM 6:38 PM 6:25 PM 6:14 PM	SSMarie 7:05 PM 6:51 PM 6:39 PM 6:27 PM	T Bay 7:23 PM 7:09 PM 6:56 PM 6:43 PM

Physical



- Being active improves your balance, reduces falls and injuries, helps you stay independent longer, helps prevent heart disease, stroke, osteoporosis, type 2 diabetes, some cancers and premature death.
- Take part in at least 2.5 hours of moderate- to vigorous-intensity aerobic activity each week.
- Spread out the activities into sessions of 10 minutes or more.
- It is beneficial to add muscle and bone strengthening activities using major muscle groups at least twice a week. This will help your posture and balance.

Health Canada

N  **OVEMBER**

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
		1 Matthew 5:9	2 Jeremiah 49:11	3 Psalm 103:6	4 Proverbs 18:10	5 2 Corin. 5:8					
6 Daylight Saving Time Ends Psalm 23:2	7 John 3:34	8 Psalm 37:24	9 Hebrews 13:20-21	10 Proverbs 3:11-12	11 Remembrance Day 2 Corin. 12:9	12 Psalm 45:6					
13 1 Peter 1:24-25	14 Isaiah 54:10	15 1 Peter 2:9	16 1 Corin. 1:27	17 Matthew 11:25-26	18 Ephes. 2:13	19 Colos. 3:3					
20 Ephes. 2:19	21 Psalm 91:9-10	22 Psalm 1:1-3	23 Deut. 33:12	24 James 4:8	25 Isaiah 12:2	26 2 Samuel 22:36					
27 Romans 8:11	28 Ephes. 1:3	29 Proverbs 16:3	30 Isaiah 41:10								
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	4 NOV	5:43 PM	5:49 PM	6:04 PM	6:06 PM	6:12 PM	6:21 PM	6:00 PM	6:03 PM	6:17 PM	6:32 PM
	11 NOV	4:35 PM	4:41 PM	4:55 PM	4:58 PM	5:05 PM	5:13 PM	4:50 PM	4:54 PM	5:08 PM	5:22 PM
	18 NOV	4:28 PM	4:35 PM	4:49 PM	4:52 PM	4:58 PM	5:07 PM	4:42 PM	4:47 PM	5:00 PM	5:14 PM
	25 NOV	4:23 PM	4:30 PM	4:44 PM	4:47 PM	4:53 PM	5:03 PM	4:36 PM	4:41 PM	4:55 PM	5:08 PM

Wonderful
Counselor

Mighty God

For to us a child is born, to us a
Son is given, and the government
will be on His shoulders. And He
will be called Wonderful Counselor,
Mighty God, Everlasting Father,
Prince of Peace.

Isaiah 9:6

DECEMBER

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH					
				1 Hebrews 13:5	2 Psalm 31:7	3 Isaiah 43:2					
4 1 John 2:27	5 Psalm 91:1	6 2 Samuel 22:33-34	7 Psalm 91:7	8 Psalm 146:7	9 2 Peter 1:3	10 James 2:13					
11 Romans 8:28	12 1 Peter 5:6	13 Isaiah 49:16	14 Galatians 6:9	15 1 Corin. 9:24-25	16 Matthew 25:34	17 Psalm 116:15					
18 Deut. 4:31	19 Psalm 145:13	20 Psalm 119:89	21 Psalm 116:5	22 Revelation 4:11	23 Isaiah 64:8	24 Christmas Eve Isaiah 46:4					
25 Christmas Day Romans 8:29	26 Boxing Day Colos. 2:13-14	27 Ephes. 2:5-6	28 Psalm 40:5	29 Psalm 23:3	30 Jeremiah 24:6	31 New Year's Eve Psalm 65:11					
SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	T Bay
	2 DEC	4:20 PM	4:27 PM	4:41 PM	4:44 PM	4:51 PM	5:00 PM	4:32 PM	4:37 PM	4:51 PM	5:04 PM
	9 DEC	4:19 PM	4:27 PM	4:40 PM	4:43 PM	4:50 PM	4:59 PM	4:30 PM	4:36 PM	4:50 PM	5:02 PM
	16 DEC	4:21 PM	4:28 PM	4:41 PM	4:45 PM	4:51 PM	5:00 PM	4:30 PM	4:37 PM	4:51 PM	5:03 PM
	23 DEC	4:24 PM	4:32 PM	4:44 PM	4:48 PM	4:54 PM	5:04 PM	4:34 PM	4:40 PM	4:54 PM	5:06 PM
30 DEC	4:29 PM	4:37 PM	4:49 PM	4:53 PM	4:59 PM	5:09 PM	4:39 PM	4:45 PM	4:59 PM	5:11 PM	



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memories

not challenges.”

—Eve Rusk
Director of Planned Giving and Trust Services
Idaho Conference