








July 2024

Points West Living Cold Lake



POINTS WEST
LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 Canada Day Celebration 6:45 Tower Toss 	11:00 Chair Zumba 2:00 Bingo 6:45 Puzzles /Coloring	2:00 Bean Bag Toss 6:45 Picture World Bingo	11:00 Station Day 2:00 Bingo 6:45 Snake & Ladders	11:00 Mindfulness Meditation 2:00 Kids visiting 6:45 Manicure	6:45 Gospel Music
6:45 Balloon Game	11:00 Chair Zumba 2:00 Bean Bag Toss 6:45 Bowling	10:30 Crafts 2:00 Bingo 6:45 Darts	2:00 Curling 6:45 Snakes & Ladders	10:30 Manicure 2:00 Bingo 6:45 Spiritual hour (TV)	6:45 Tower Toss	6:45 Table Tennis
6:45 Car Race	11:00 Chair Zumba 2:00 Tower Toss 6:45 Picture Word Bingo	2:00 Bingo 6:45 Puzzles /Coloring	1:00 Visit Museum 6:45 Bean Bag Toss 	11:00 Tai Chi Exercises 2:00 Bingo 6:45 Bowling	11:00 Walking Outside 2:00 Spiritual hour with Marjorie 6:45 Bean Bag Toss Outside 	6:45 Snakes & Ladders
6:45 Walking Outside	11:00 World Virtual Tour 2:00 Basketball 6:45 Table Tennis	11:00 Popsicles Outside 2:00 Bingo 6:45 Spiritual hour (TV) 	10:30 Badminton 2:00 Tower Toss 6:45 Bean Bag Toss	12:00 Birthday Celebration 6:45 Manicure 	10:30 Visiting Time 2:00 Playing Outside 6:45 Country Music TV	6:45 Puzzles /Coloring
6:45 Snakes & Ladders	11:00 Chair Zumba 2:00 Tower Toss 6:45 Darts	10:30 Baking 2:00 Bingo 6:45 Walking Outside	11:00 Walking Outside 2:00 Curling 6:45 Bowling	HAPPY BIRTHDAYS July 19th - Marie-Anne Fontaine July 28th - Theresa McDonald	