




September 2024



POINTS WEST
— LIVING —

Heritage House - Vegreville

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:30 Exercises 1	Labour Day 2 10:30 Exercises	10:00 Crib in T4 3 10:30 Exercises 1:00 Bible Study in Rec Kitchen 1:30 1-on-1 Visits with Kristen	10:00 Puzzles in the Rec Kitchen 4 10:30 Exercises 1:00 Bingo	10:00 Card Games in T4 5 10:30 Exercises 1:30 Bean Bag Toss	9:30 Bowling with Kristen 6 10:30 Exercises 1:00 Bingo	10:30 Exercises 7	
10:30 Exercises 8	10:00 Card Games in T4 9 10:30 Exercises 1:00 Resident & Family Council Meeting	10:00 Colouring in the Rec Kitchen 10 10:30 Exercises 1:30 Norm and Shirley Maritime Gospel Singing	10:00 Crib in T4 11 10:30 Exercises 1:00 Bingo	10:00 Puzzles in the Rec Kitchen 12 10:30 Exercises 1:30 Java Music Club (T4)	9:30 Bowling with Kristen 13 10:30 Exercises 1:00 Bingo	10:30 Exercises 14 1:30 Sing-Along with Verna and Judy	
10:30 Exercises 15	10:00 Crib in T4 16 10:30 Exercises 1:30 Coffee and Tea Club with Kristen	10:00 Holy Trinity Service 17 10:00 1-on-1 Visits with Kristen 10:30 Exercises 1:00 Bible Study in Rec Kitchen 6:30 Loretta and Friends Entertainment	10:00 Puzzles in the Rec Kitchen 18 10:30 Exercises 1:30 Music with Tony Mapa 1:30 Monthly Birthday Party	10:00 Card Games in T4 19 10:30 Exercises 1:00 Bingo	Kristen Away 20 9:30 Bowling 10:30 Exercises 1:00 Movie Afternoon in the Main Living	10:30 Exercises 21	
First Day of Fall 22 10:30 Exercises 5:30 Northern Lights Mennonite Choir	10:00 Puzzles in the Rec Kitchen 23 10:30 Exercises 1:30 Java Music Club (T4)	10:00 Card Games in T4 24 10:30 Exercises 1:30 Oktoberfest at Homestead Lodge 2:00 1-on-1 Visits with Kristen	10:00 Crib in T4 25 10:30 Exercises 1:00 Bingo	10:00 1-on-1 Visits with Kristen 26 10:30 Exercises 1:30 United Church Service	9:30 Bowling with Kristen 27 10:30 Exercises 1:00 Bingo	10:30 Exercises 28 2:30 Sunshine Band: Hymn Sing-Along	
10:30 Exercises 29	Orange Shirt Day 30 10:00 Coffee with Chef Dennis 10:30 Exercises 2:00 Brian Kendall Performance		Verna - Sept 5 Don - Sept 9 Melitta - Sept 17		Ruth - Sept 18 Victor - Sept 20 Lorna - Sept 26		Calendar is subject to change. Please share any new ideas with Recreation Aide.