














# January 2025

## Points West Living Cold Lake



POINTS WEST  
— LIVING —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:00 Tai Chi Exercises 2:00 Bingo	2 10:30 Hymn Sign 2:00 Egg and Spoon Race	3 4
5	10:30 Manicure 2:00 Tower Toss	6 10:30 Trivia 2:00 Bingo	7 9:00 Taking down Christmas Decoration 2:00 Dog Visiting 	8 10:30 Chair Zumba (MC) 11:20 Chair Zumba 2nd floor 2:00 Bingo 	9 10:30 Spiritual hour (TV) 2:00 Volleyball 	10 11
12	10:30 Picture Word Bingo (MC) 2:00 Bean Bag Toss 	13 10:30 Puzzles /Coloring 2:00 Bingo 	14 10:30 Baking 2:00 Table Tennis MC 	15 10:30 Chair Zumba MC 11:20 Chair Zumba 2nd floor 1:30 Marina Bowling Trip	16 10:30 Spiritual hour with Marjorie 2:00 Watch movie	17 18
19	10:30 Chair Zumba (MC) 11:20 Chair Zumba 2nd floor 2:00 Bean Bag Toss	20 10:30 Pictionary (MC) 2:00 Bingo	21 10:30 Crafts 2:00 Tower Toss	22 12:00 Birthday Celebration 	23 10:30 Tai Chi Exercises 2:00 Beauty Day - Hair	24 25
	10:30 Puzzles /Coloring 11:00 Lunch - Age Friendly Community 2:00 Picture Word Bingo	27 11:00 Fit & Fun 2:00 Bingo	28 10:30 Manicure 2:00 Curling	29 10:30 Hangman (MC) 2:00 Bingo	30 11:00 Gospel Music 2:00 Bowling 	31  HAPPY BIRTHDAY January 11th - Laura Gavronsky January 15th - Ross Daniels