













February 2025

Points West Living Cold Lake



POINTS WEST
LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>"Love has nothing to do with what you are expecting to get, only with what you are expecting to give which is everything." Katharine Hepburn</i>		HAPPY BIRTHDAYS Feb 14th - Sharon Hamel Feb 22th - Evelyn Berkshire		1
2 10:30 Tai Chi Exercises 2:00 Tower Toss	3 10:30 Table Games 2:00 Bingo	4 11:00 Chair Zumba 1:30 Food meeting 2:00 Dog Visiting 	5 10:30 Manicure 2nd floor 2:00 Bingo	6 9:00 Valentine's Day Decoration 11:00 Spiritual hour (TV) 2:00 Volleyball	7	8
9 <i>"Love is the greatest refreshment in life"</i>	10 10:30 Fit & Fun 2:00 Roll and Score	11 10:30 Puzzles /Coloring 2:00 Bingo 	12 10:30 Crafts 2:00 Trivia 	13 11:00 Spiritual hour (TV) 2:00 Fiddle Performance	14 10:30 Pictionary (MC) 2:00 Valentine's Day Celebration 	15
16 	17 10:30 Chair Zumba (MC) 11:20 Chair Zumba 2nd floor 2:00 Bingo	18 10:30 Trivia 2:00 Table Tennis	19 12:00 Birthday Celebration 	20 10:30 Hot Chocolate - Funny videos 2:00 Spiritual hour with Marjorie 	21	22
23 10:30 Fit & Fun 11:00 Lunch - Age Friendly Community 2:00 Picture Word Bingo	24 10:30 Manicure (Downstairs) 2:00 Bingo	25 10:30 Puzzles /Coloring 1:30 Walmart Shopping 	26 11:00 Spiritual hour (TV) 2:00 Bingo	27 10:30 Baking 2:00 Kids visiting 	28 