











March 2025

Points West Living Cold Lake



POINTS WEST
— LIVING —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	"Whatever you decide to do, make sure it makes you happy"					
	2 10:30 Chair Zumba MC 11:20 Chair Zumba 2nd floor 2:00 Tower Toss	3 10:30 Manicure 2:00 Bingo	4 10:30 Surprise (MC) 1:30 Food meeting 2:00 Java Music Club (2nd floor)	5 10:30 Painting 1:30 Whiteboard Games (2nd floor) 2:30 Whiteboard Games (MC)	6 10:30 Hot Chocolate - Funny videos 1:00 Church Service - Room visits 2:00 Volleyball	8 
	9 10:00 St. Patrick's Day Decoration 2:00 Tower Toss	10 10:30 Tai Chi Exercises 2:00 Bingo 	11 11:00 Spiritual hour (TV) 2:00 Pictionary (MC) 	12 11:00 Chair Zumba 2:00 Bingo	13 10:00 Visiting Library 2:00 Bowling	15
16	17 2:00 St. Patrick's Day Celebration 	18 10:30 Puzzles /Coloring 2:00 Bingo	19 10:30 Chair Zumba MC 11:20 Chair Zumba 2nd floor 2:00 Curling	20 12:00 Birthday Celebration 	21 10:30 Manicure MC 2:00 Spiritual hour with Marjorie 	22
23	24 11:00 Chair Zumba 2:00 Tower Toss	25 11:00 Fit & Fun 2:00 Bingo	26 10:30 Baking 2:00 Roll and Score	27 11:00 Spiritual hour (TV) 2:00 Bingo	28 10:30 Pictionary (MC) 2:00 Kids visiting	29
30	31 10:30 Trivia 11:00 Lunch - Age Friendly Community 2:00 Picture Word Bingo				HAPPY BIRTHDAYS March 2nd - Jackie Hunter March 16th - Mary Thurrott	