










June 2025

Points West Living Cold Lake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 10:00 Hawaiian Decoration (CA) 2:00 Music - Hawaii Day (luau party) Seniors' Week	3 10:30 Fit & Fun (2nd) 11:20 Fit & Fun (MC&C1) 2:00 Animal Day - Mini Ponies Seniors' Week	4 10:30 Chair Zumba (MC&C1) 1:30 Food meeting (CR) 2:00 Fun Outdoor Games (BG) Seniors' Week	5 10:30 Painting 2:00 Bingo (CA) RETRO DAY WELCOME To the 50's Seniors' Week	6 11:00 Outside Activity 1:00 Church Service (Rm) 2:00 Magic Show (CA) Seniors' Week	7 
	9 10:30 Chair Zumba (2nd) 11:20 Chair Zumba (MC&C1) 2:00 Curling (CA)	10 10:30 Table Games (2nd) 2:00 Bingo (CA)	11 10:00 Father's Day Crafts (CA) 2:00 Dog Visiting	12 10:00 Manicure (MC&C1) 2:00 Bingo (CA)	13 10:30 Spiritual hour - TV (MC&C1) 1:30 Trip to the Lake	14 Formula 1 Grand Prix du Canada 13 - 15 June CONCACAF Gold Cup (football men) 14 June - 6 July
15 11:00 Father's Day - Car Show - BBQ 	16 10:30 Chair Zumba (2nd) 1:30 Pictionary (2nd) 2:30 Tower Toss (MC&C1)	17 11:00 Outdoor Fitness 2:00 Bingo (CA)	18 10:30 Sing to Think (MC&C1) 2:00 Java Music Club (2nd)	19 12:00 Birthday Celebration (CA)	20 11:00 Outdoor Fitness 2:00 Spiritual hour with Marjorie (CA)	21 
22	23 11:00 Outdoor Fitness 1:30 Car Racing (2nd) 2:30 Table Tennis (MC&C1)	24 11:00 Dog Visiting (Kilo) 2:00 Bingo (CA) 	25 10:30 Book Club (2nd) 1:30 Spiritual hour (TV) (2nd) 2:30 Picture Word Bingo (MC&C1)	26 10:00 Manicure (2nd) 2:00 Bingo (CA)	27 10:30 Baking (CA) 2:00 Karaoke (CA) 	28
29 	30 10:00 Crafts (CA) 11:00 Lunch - Age Friendly Community 2:00 Trivia (MC&C1)		Location Legend Cottage One (C1) Memory Care (MC) 2nd Floor (2nd) Outdoors (Out) Resident Rooms (Rm) Conference Room (CR) Common Area (CA) Back Garden (BG)		HAPPY BIRTHDAYS June 11th - Beverley Pattyson June 13th - Lisa Engleder June 20th - Willis Morrison June 24th - Lawrence Noel	