



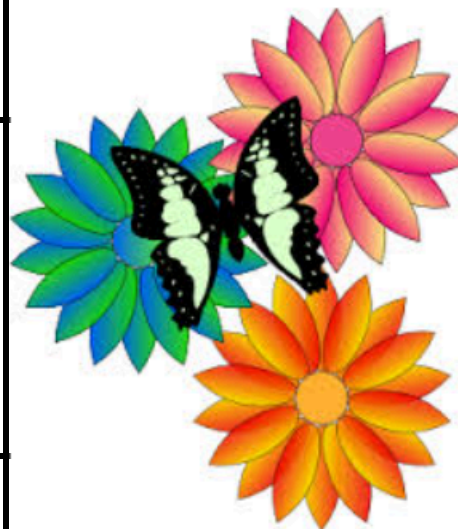







# July 2025

## Points West Living Cold Lake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
<p><u>Location Legend</u></p> <p>Cottage One (C1) Memory Care (MC) 2nd Floor (2nd) Outing (Out)</p> <p>Resident Rooms (Rm) Conference Room (CR) Common Area (CA) Back Garden (BG)</p>		<p>10:30 <b>Canada Day Celebration</b> <b>1</b></p> 	<p>10:30 Fit &amp; Fun (BG) <b>2</b> 1:30 <b>Food meeting (CR)</b> 2:00 Java Music Club (2nd)</p> <p>2025 BWF Badminton World Tour - Canada Open</p>	<p>11:00 Sing to Think <b>3</b> (MC&amp;C1) 2:00 Bingo (CA)</p>	<p>10:30 Trivia (2nd) <b>4</b> 1:30 <b>Church Service (Rm)</b> 1:30 Tea and Coffee Social</p>	<p><b>5</b></p>  <p>2025 Football</p>												
<p><b>6</b></p> 	<p>10:30 Tai Chi Exercises (2nd) <b>7</b> 11:20 Spiritual hour - TV (MC&amp;C1) 2:00 Tower Toss (MC&amp;C1)</p>	<p>11:00 Fit &amp; Fun (BG) <b>8</b> 2:00 Bingo (CA)</p>	<p>10:30 Painting (CA) <b>9</b> 2:00 <b>Dog and Mini Ponies Visiting (BG)</b></p> 	<p>10:30 Manicure (MC&amp;C1) <b>10</b> 2:00 Bingo (CA)</p>	<p>10:30 Fit &amp; Fun (2nd) <b>11</b> 11:20 Pictionary (MC&amp;C1) 6:30 <b>Clog Dance (CA)</b> World Population Day</p>	<p><b>12</b></p> 												
<p><b>13</b></p>	<p>10:30 Chair Zumba (2nd) <b>14</b> 11:20 Chair Zumba (MC&amp;C1) 1:30 Nerf Target Competition (2nd)</p>	<p>10:30 Fit &amp; Fun (BG) <b>15</b> 2:00 Bingo (CA)</p>	<p>10:30 Whiteboard Games (2nd) <b>16</b> 1:00 <b>Resident Council Meeting (CR)</b> 2:00 Java Music Club (2nd)</p>	<p>12:00 <b>Birthday Celebration (CA)</b></p> 	<p>10:30 Walking Outside <b>18</b> 2:00 <b>Spiritual hour with Marjorie (CA)</b></p> 	<p><b>18</b></p>												
<p><b>20</b></p>	<p>10:30 Chair Zumba (2nd) <b>21</b> 11:20 Sing to Think (MC&amp;C1) 2:00 Playing Outside</p>	<p>11:00 Fit &amp; Fun <b>22</b> 2:00 Bingo (CA)</p>	<p>10:30 Manicure (2nd) <b>23</b> 1:30 <b>Walmart Shopping</b></p>	<p>10:30 Spiritual hour (TV) <b>24</b> 2:00 Bingo (CA)</p>	<p>10:30 Baking (CA) <b>25</b> 1:30 Volleyball (2nd) 2:30 Picture Word Bingo (MC)</p>	<p><b>25</b></p>												
<p><b>27</b></p> 	<p>10:30 Crafts (CA) <b>28</b> 11:00 <b>Lunch - Age Friendly Community (Out)</b> 2:00 Tower Toss (CA)</p>	<p>10:30 Table Games (2nd) <b>29</b> 11:20 Gospel Music (MC&amp;C1) 2:00 Bingo (CA)</p>	<p>10:30 Book Club <b>30</b> (2nd) 2:00 Java Music Club (2nd)</p>	<p>10:30 Fit &amp; Fun (2nd) <b>31</b> 11:20 Fit &amp; Fun (MC&amp;C1) 2:00 Bingo (CA)</p>	<p><b>HAPPY BIRTHDAYS</b></p> <table> <tr> <td>July 6th</td> <td>Veronica Shymchuk</td> </tr> <tr> <td>July 7th</td> <td>Mildred Wolf</td> </tr> <tr> <td>July 10th</td> <td>Bob Potter</td> </tr> <tr> <td>July 19th</td> <td>Marie-Anne Fontaine</td> </tr> <tr> <td>July 22nd</td> <td>Mike Elward</td> </tr> <tr> <td>July 28th</td> <td>Theresa McDonald</td> </tr> </table>		July 6th	Veronica Shymchuk	July 7th	Mildred Wolf	July 10th	Bob Potter	July 19th	Marie-Anne Fontaine	July 22nd	Mike Elward	July 28th	Theresa McDonald
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