










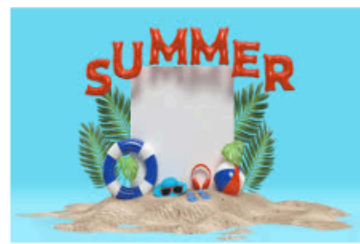


# August 2025

## Points West Living Cold Lake



POINTS WEST  
LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Location Legend</b> Cottage One (C1) Memory Care (MC) 2nd Floor (2nd) Outing (Out)					10:30 Walking Outside 1:00 Church Service (Rm) 1:30 Bean Bag Toss (2nd) 2:30 Picture Word Bingo (MC&C1)	<b>2</b>  SATURDAY, AUGUST 2 11:00 AM - 4:00 PM KINOSOD BEACH - COLD LAKE
	<b>4</b> 	<b>5</b> 10:30 Fit & Fun (2nd) 11:20 Gospel Music (MC&C1) 2:00 Bingo (CA)	<b>6</b> 10:30 Painting (CA) 1:30 Food meeting (CR) 2:30 Whiteboard Games (2nd)	<b>7</b> 10:30 Manicure (MC&C1) 2:00 Bingo (CA)	<b>8</b> 11:00 Kilo's Visiting (BG) 1:30 Car Racing (2nd) 2:30 Tower Toss (MC&C1)	<b>9</b> 
	<b>11</b> 10:30 Fit & Fun (2nd) 11:20 Sing to Think (MC&C1) 2:00 Curling (CA)	<b>12</b> 10:30 Table Tennis (MC&C1) 1:45 Trip to the Lake (Out) 	<b>13</b> 10:30 Tai Chi Exercises (2nd) 11:20 Tai Chi Exercises (MC&C1) 2:00 Java Music Club (2nd)	<b>14</b> 10:30 Walking Outside 2:00 Bingo (CA)	<b>15</b> 10:00 Table Games (2nd) 11:20 Fit & Fun (MC&C1) 2:00 Spiritual hour with Marjorie (CA)	<b>16</b>  Cold Lake Cruisers 25th Anniversary City Wide Sale
 City Wide Sale	<b>18</b> 10:30 Chair Zumba (2nd) 11:20 Trivia (2nd) 2:00 Shelties visiting (Rm)	<b>19</b> 10:30 Manicure (2nd) 2:00 Bingo (CA)	<b>20</b> 10:30 Crafts (CA) 1:00 Resident Council Meeting (CR) 1:30 Nerf Target (2nd) 2:30 Nerf Target (2nd)	<b>21</b> 12:00 Birthday Celebration (CA)  National Senior Citizens Day	<b>22</b> 10:30 Spiritual hour (TV) (CA) 1:30 Volleyball (2nd) 2:30 Picture Word Bingo (MC&C1)	
<b>24</b>	<b>25</b> 10:30 Picture Word Bingo (MC&C1) 11:00 Lunch - Age Friendly Community (Out) 2:00 Tower Toss (CA)	<b>26</b> 10:30 Table Games (2nd) 11:20 Fit & Fun (MC&C1) 2:00 Bingo (CA)	<b>27</b> 10:30 Book Club (2nd) 2:00 Java Music Club (2nd)	<b>28</b> 10:30 Spiritual hour (TV) (2nd) 2:00 Bingo (CA)	<b>29</b> 10:30 Baking (CA) 2:00 Tea and Coffee Social	
 <b>31</b>	<b>HAPPY BIRTHDAYS</b> August 1st - Fred Cabaj August 1st - Larry Rehaume August 12th - Kenneth Swallows August 14th - Roberta Pilon		Activities are subject to change		If you have any questions or concerns about the activities, feel free to reach out to our recreation team. <a href="mailto:yogita.sandhu@pointswestliving.com">yogita.sandhu@pointswestliving.com</a> <a href="mailto:claudia.cupasachoa@pointswestliving.com">claudia.cupasachoa@pointswestliving.com</a>	