
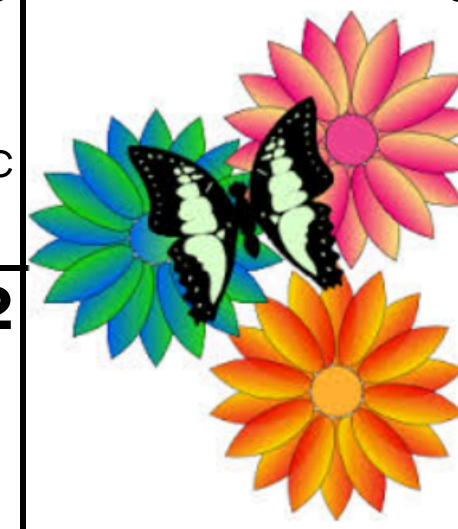

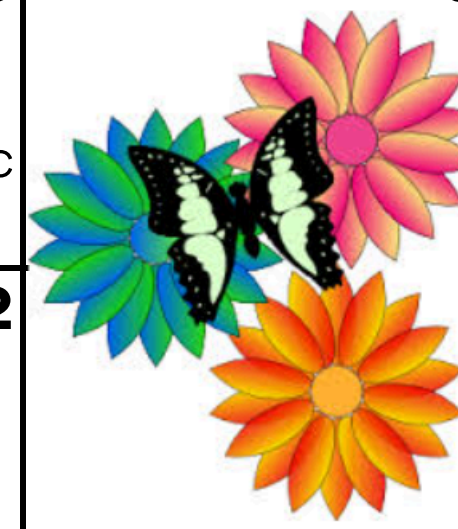




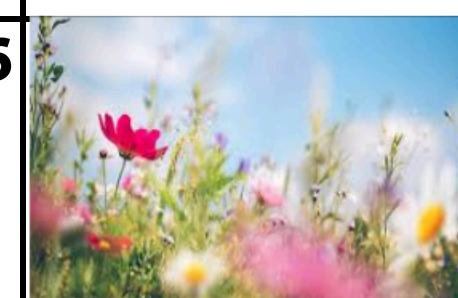





# September 2025 Points West Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Location Legend</b> Cottage One (C1) Memory Care (MC) 2nd Floor (2nd) Resident Rooms (Rm) Conference Room (CR) Common Area (CA) Back Garden (BG) Outing (Out)</p>	<p><b>1</b></p>  <p><b>HAPPY Labour Day</b></p>	<p><b>2</b></p> <p>11:00 Table Tennis (MC&amp;C1) 2:00 Bingo (CA) <b>Happy Grandparents Day</b></p>	<p><b>3</b></p> <p>10:30 Fit &amp; Fun (MC&amp;C1) 1:30 Food meeting (CR) 2:00 Curling (CA)</p>	<p><b>4</b></p> <p>10:30 Tai Chi Exercises (2nd) 2:00 Bingo (CA)</p>	<p><b>5</b></p> <p>10:30 Whiteboard Games (2nd) 1:00 Church Service (Rm) 2:00 Bean Bag Toss (MC &amp; C1)</p>	<p><b>6</b></p> 
<p><b>7</b></p> 	<p><b>8</b></p> <p>11:00 Fit &amp; Fun (2nd) 2:30 Sing to Think (MC&amp;C1)</p>	<p><b>9</b></p> <p>10:30 Walking Outside 2:00 Bingo (CA)</p>	<p><b>10</b></p> <p>10:30 Painting (CA) 2:00 Java Music Club (2nd)</p>	<p><b>11</b></p> <p>10:30 Picture Word Bingo (MC&amp;C1) 2:00 Bingo (CA)</p>	<p><b>12</b></p> <p>10:30 Spiritual hour (TV) (2nd) 11:20 Nerf Target (MC&amp;C1) 2:00 Tea and Coffee Social (2nd) <b>UCI World Cycling Tour 2025</b></p>	
<p><b>14</b></p> <p><b>National Housekeeping Appreciation Week</b> September 14 - 20</p> 	<p><b>15</b></p> <p>10:30 Trivia (2nd) 11:20 Spiritual hour - TV (MC&amp;C1) 2:00 Nerf Target (2nd)</p>	<p><b>16</b></p> <p>11:00 Fit &amp; Fun 2:00 Trip to Marina Bowling (Out)</p> 	<p><b>17</b></p> <p>10:30 Manicure (2nd) 1:00 Resident Council Meeting (CR) 2:00 Shelties visiting (Rm)</p>	<p><b>18</b></p> <p>12:00 Birthday Celebration (CA)</p> 	<p><b>19</b></p> <p>11:00 Bowling (CA) 2:00 Spiritual hour with Marjorie (CA)</p>	<p><b>20</b></p>
<p><b>21</b></p>  <p>10:00 AM (Out) Walk for Veterans</p>	<p><b>22</b></p> <p>10:30 Spiritual hour (TV) (2nd) 11:20 Gospel Music (MC&amp;C1) 2:00 Karaoke (CA)</p>	<p><b>23</b></p> <p>10:30 Crafts (CA) 2:00 Bingo (CA)</p>	<p><b>24</b></p> <p>10:30 Book Club (2nd) 2:00 Java Music Club (2nd)</p>	<p><b>25</b></p> <p>11:00 Dog Visiting (Kilo) 2:00 Bingo (CA) <b>National Food Service ECP Day</b></p>	<p><b>26</b></p> <p>10:30 Baking (CA) 1:30 Picture Word Bingo (MC&amp;C1) 2:30 Volleyball (2nd)</p> 	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p>10:30 Manicure (MC&amp;C1) 11:00 Lunch - Age Friendly Community (Out) 2:00 Car Racing (2nd)</p>	<p><b>30</b></p> <p>11:00 Fit &amp; Fun 2:00 Bingo (CA) <b>National Truth and Reconciliation Day</b></p> 	<p><b>HAPPY BIRTHDAYS</b> September 3rd - Jerrold Skarsen September 10th - Kevin Wood September 11th - Christina Faithful September 16th - Courtney Letondre September 18th - Vera Walchuk</p>		<p>If you have any questions or concern about the activities, feel free to reach out to our recreation team. yogita.sandhu@pointswestliving.com claudia.cupaschoa@pointswestliving.com</p>	