









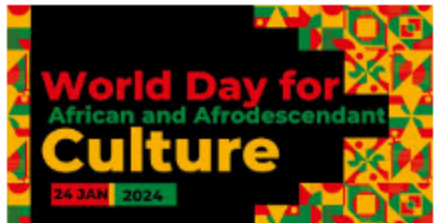




January 2026

Points West Living Cold Lake



POINTS WEST
— LIVING —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>Location Legend</u> Cottage One (C1) Memory Care (MC) 2nd Floor (2nd) Outing (Out)		Resident Rooms (Rm) Conference Room (CR) Common Area (CA) Back Garden (BG)		1 10:30 Puppy Visit (2nd) 2 2:00 Picture Word Bingo (MC&C1)
		4 10:30 Whiteboard Games (2nd) 5 1:30 Nerf Target (2nd) 2:20 Sing to Think (MC&C1)	10:30 Gospel Music (MC&C1) 6 2:00 Bingo (CA) 	10:30 Chair Zumba (2nd) 7 2:00 Tower Toss (2nd)	10:30 Manicure (2nd) 8 2:00 Bingo (CA) 	10:00 Visiting Library (Out) 9 2:00 Dog Visiting (Rm) 
	11 10:30 Taking down Christmas Decoration (CA) 12	10:30 Tai Chi Exercises (2nd) 13 11:20 Chair Zumba (MC&C1) 2:00 Bingo (CA)	10:30 Winter Crafts (CA) 14 2:00 Java Music Club (2nd)	12:00 Birthday Celebration (CA) 15 	10:30 Pictionary (MC&C1) 16 11:20 Wood Memory Chess (2nd) 2:00 Church Service (CA)	17
18 10:30 Manicure (MC&C1) 19 1:30 Car Racing (2nd) 2:20 Play Cards (MC&C1)	10:30 Spiritual hour (TV) (2nd) 20 2:00 Bingo (CA)	10:30 Roll & Win (2nd) 21 1:00 Resident Council Meeting (CR) 1:00 Eden Decoration (CA)	12:00 Eden Celebration (CA) 22 	10:30 Fit & Fun (2nd) 23 1:30 Crochet Activity (2nd)	24 	
25 10:30 Chair Zumba (2nd) 26 11:00 Lunch - Age Friendly Community (Out) 11:20 Picture Word Bingo (MC&C1) 2:00 Tower Toss (MC&C1)	10:30 Gospel Music (2nd) 27 11:20 Fit & Fun (2nd) 2:00 Bingo (CA) 	10:30 Book Club (2nd) 28 2:00 Java Music Club (2nd)	10:30 Whiteboard Games (2nd) 29 2:00 Bingo (CA) Flying Canoe Volant Edmonton Jan 28 - 31	10:30 Baking (CA) 30 1:30 Dog Visiting (Kilo) 	31 HAPPY BIRTHDAY January 11th - Laura Gavronsky	