














# August 2023

## Points West Living Cold Lake



POINTS WEST  
— LIVING —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:45 Heritage Day - Watch Videos <b>1</b> 2:00 Bingo 6:45 Snakes & Ladders 	2:00 Bean Bag Toss <b>2</b> 6:45 Painting 	10:30 Crafts <b>3</b> 2:00 Bingo 6:45 Picture World Bingo	11:00 Chair Zumba <b>4</b> 2:00 Ball Ladder 6:45 Listen to Music	6:45 Curling <b>5</b>
6:45 Movie & Popcorn <b>6</b>	6:45 Manicure <b>7</b>	11:00 Chair Zumba <b>8</b> 2:00 Bingo 6:45 Bowling 	10:30 Puzzles/Coloring <b>9</b> (Memory Care) 2:00 Bean Bag Toss 6:45 Picture Word Bingo	2:00 Bingo <b>10</b> 6:45 Snakes & Ladders	10:00 Visiting Time <b>11</b> 2nd Floor 2:00 Tower Toss 6:45 Curling	2:00 Concert - Ukelele <b>12</b> 6:45 Gospel Music 
6:45 Bowling <b>13</b> 	11:00 Fit & Fun <b>14</b> 2:00 Curling 6:45 Picture Word Bingo	11:00 Bored Board <b>15</b> 2:00 Bingo 6:45 Painting	11:00 Chair Zumba <b>16</b> 2:00 Bean Bag Toss 6:45 Spiritual hour (TV)	10:30 Trip to Tricity Mall <b>17</b> 2:00 Bingo 6:45 Bowling 	10:30 Manicure <b>18</b> 2:00 Car Race 6:45 Music/Karaoke 	2:00 Horses Visiting <b>19</b> 6:30 Snakes & Ladders 
6:45 Movie & Popcorn <b>20</b> 	11:00 Chair Zumba <b>21</b> 2:00 Bowling 6:45 Manicure	11:00 Puzzles/Coloring <b>22</b> 2:00 Bingo 6:45 Country Music	11:00 Fit & Fun <b>23</b> 2:00 Tower Toss 6:45 Puzzles/Coloring	12:00 Birthday Celebration <b>24</b> 6:45 Picture Word Bingo 	10:00 Visiting Time <b>25</b> Main Floor 2:00 Bean Bag Toss 6:45 Communion with Emma and Angie	6:45 Bean Bag Toss <b>26</b>
6:45 Curling <b>27</b>	11:00 Fit & Fun <b>28</b> 2:00 Tower Toss 6:45 Bowling	11:00 Puzzles/Coloring <b>29</b> 2:00 Bingo 6:45 Snakes & Ladders	10:30 Painting <b>30</b> 2:00 Curling 6:45 Gospel Music 	11:00 Chair Zumba <b>31</b> 2:00 Bingo 6:45 Tea & Chat		