



September 2023

Points West Living Lloydminster



POINTS WEST
— LIVING —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Programs Subject to Change</i>						
11:00 Morning Trivia 3 2:00 Curling	Labour day 4 11:00 Sit to be Fit 2:00 Movie Time!	11:00 Noodle Exercises 5 2:00 Bingo	FRANK S. 6 11:00 Sit to be Fit 2:00 Edge Target 	10:00 Bike Ride 7 11:00 Chair Yoga 2:00 Bingo	11:00 Sit to be Fit 8 2:00 Would You Rather	11:00 Nails painting Blue 2 2:00 Scattergories
11:00 Java Music Club Blue 10 2:00 Tim & Lucy Mass	11:00 Sit to be Fit 11 2:00 Anglican Church	National Hug & High-Five Day 12 11:00 Noodle Exercises 2:00 Bingo 	JO D. 13 11:00 Sit to be Fit 2:00 Craft time 	10:00 Bike Ride 14 11:00 Chair Yoga 2:00 Bingo	National Linguine Day 15 10:30 Kennel Club 2:00 Scattergorie 	11:00 Nails Painting Limon 16 2:00 Curling
MARIA M. 17 11:00 Morning Trivia 2:00 Pokino 	11:00 Sit to be Fit 18 2:00 Anagrams	JIM C. 19 11:00 Noodle Exercises 2:00 Bingo 	11:00 Sit to be Fit 20 1:30 St. Anthony Mass 2:00 Edge Target	10:00 Bike Ride 21 11:00 Chair Yoga 2:00 Bingo	11:00 Sit to be Fit 22 2:00 Shopping Cart	WESLEY H. 23 11:00 Balloon Pop 2:00 Bingo
11:00 Java Music Club Limon 24 2:00 Scattergorie	11:00 Sit to be Fit 25 2:00 Curling	11:00 Noodle Exercises 26 2:00 Bingo	National Dance Day 27 11:00 Sit to be Fit 2:00 Dance Party! 	10:00 Bike Ride 28 11:00 Chair Yoga 2:00 Bingo	Orange Shirt Day 29 11:00 Sit to be Fit 2:00 Anagrams 	11:00 Nails Painting 30 2:00 Dean Mari Music