

October 2023

Points West Living Lloydminster



POINTS WEST
— LIVING —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Nails Painting 2:00 Afternoon Trivia 1	11:00 Sit to be Fit 2:00 Pokino 2	Smarties Day 11:00 Noodle Exercises 2:00 Bingo  3	11:00 Sit to be Fit 2:00 Anagrams 4	11:00 Chair Yoga 2:00 Bingo 5	PAT M. 11:00 Sit to be Fit 2:00 Scattergories  6	11:00 Balloon Pop 2:00 Bingo 7
11:00 Nails Painting 2:00 Java Music Club Blue 8	Thanksgiving Monday 11:00 Sit to be Fit 2:00 Movie Time!  9	KAREN B. 11:00 Noodle Exercises 2:00 Bingo  10	11:00 Sit to be Fit 11:00 Scattergories 11	11:00 Chair Yoga 2:00 Bingo 12	National Train Your Brain Day 11:00 Sit to be Fit 2:00 Brain Games  13	11:00 Curling 2:00 Afternoon Trivia 14
BETTIE N. 11:00 Morning Trivia 2:00 Tim & Lucy Worship Service  15	11:00 Sit to be Fit 2:00 Anglican Church 16	11:00 Noodle Exercises 2:00 Bingo 17	Health Care Aide Day 11:00 Sit to be Fit 2:00 HCA Party!  18	11:00 Chair Yoga 2:00 Bingo 19	11:00 Sit to be Fit 11:00 Scattergories 20	11:00 Nails Painting 2:00 Bingo 21
11:00 Floor Curling 2:00 Java Music Club Limon 22	11:00 Sit to be Fit 2:00 Wine and Cheese Tasting  23	11:00 Noodle Exercises 2:00 Bingo 24	9:00 Flu Clinic 1:30 St. Anthony's Parish Mass 2:00 Scattergories  25	11:00 Chair Yoga 2:00 Bingo 26	Wear a Ball Cap Day 11:00 Kennel Club 2:00 Jeopardy  27	11:00 Edge Target 2:00 Pokino 28
RALPH M. 2:00 Afternoon Trivia  29	11:00 Sit to be Fit 2:00 Jeopardy 30	Halloween 10:30 Carnival Games 2:00 Bingo  31				