

















# January 2024

## Points West Living Cold Lake



POINTS WEST  
— LIVING —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:45 Manicure <b>1</b>	10:30 Undecorated Christmas <b>2</b> 2:00 Bingo 6:45 Puzzles /Coloring	2:00 Bean Bag Toss <b>3</b> 6:45 Picture World Bingo	10:30 Chair Zumba <b>4</b> 2:00 Bingo 6:45 Tower Toss 	10:30 Spiritual hour <b>5</b> (TV) 2:00 Car Race 6:45 Listen to Music	6:45 Snakes & Ladders <b>6</b> 
6:45 Jenga <b>7</b> 	11:00 Fit & Fun <b>8</b> 2:00 Tower Toss 6:45 Picture Word Bingo	11:00 Chair Zumba <b>9</b> 2:00 Bingo 6:45 Tea & Chat 	10:30 Chocolate and Cookies <b>10</b> 2:00 Bowling 6:45 Puzzles /Coloring 	10:30 Board Games <b>11</b> 2:00 Bingo 6:45 Snakes & Ladders	10:30 Visiting Time <b>12</b> 2:00 Bean Bag Toss 6:45 Funny videos 	6:45 Gospel Music <b>13</b>
6:45 Car Race <b>14</b>	11:00 Chair Zumba <b>15</b> 2:00 Basketball 6:45 Picture Word Bingo 	2:00 Bingo <b>16</b> 6:45 Jenga	11:00 Fit & Fun <b>17</b> 2:00 Bean Bag Toss 6:45 Snakes & Ladders	12:00 <b>Birthday Celebration</b> <b>18</b> 2:00 Bingo 6:45 Puzzles /Coloring	10:30 Manicure <b>19</b> 2:00 Karaoke 6:45 Country Music 	6:45 Spiritual hour <b>20</b> (TV) 
6:45 Watch Videos <b>21</b> 	11:00 Fit & Fun <b>22</b> 2:00 Bowling 6:45 Picture Word Bingo 	10:30 Board Games <b>23</b> 2:00 Bingo 6:45 Puzzles /Coloring	10:30 Winter Crafts <b>24</b> 2:00 Tower Toss 6:45 Manicure	11:00 Tai Chi Exercises <b>25</b> 2:00 Bingo 6:45 Snakes & Ladders 	11:00 Spiritual hour <b>26</b> (TV) 2:00 Visiting Time 6:45 Curling	6:45 Bean Bag Toss <b>27</b>
6:45 Ball Ladder <b>28</b>	10:30 Chair Zumba <b>29</b> 2:00 Tower Toss 6:45 Snake and Ladder	11:00 Fit & Fun <b>30</b> 2:00 Bingo 6:45 Bowling	10:30 Board Games <b>31</b> 2:00 Bean Bag Toss 6:45 Gospel Music		<b>HAPPY BIRTHDAY</b> January 15th - Ross Daniels	