

IMPORTANT DATES & EVENTS

Parking Lot Clean Up & Paint

Monday, June 29 @ 3:00PM – overnight
Please have your vehicle removed from our parking lot by Monday afternoon. If you need assistance, please notify the front desk.

Canada Day Celebration

Wednesday, July 1 @ 11:30pm – 3:30pm
See the invitation below for full details – invite your family and friends to enjoy an afternoon of fun to celebrate Canada.

Walking Club

Every Thursday @ 1:30PM
Enjoy the outdoors for a short walk or roll with Cassie and other residents.

Activity Challenge Begins!

Thursday, July 2 All Day
Come and check in to create your baseline for our activity challenge. Activity will be based off activity trackers (personally owned or borrowed) and will be judged on percent changed (not total steps). This Challenge is meant for all abilities! Ask how you can join in or read through the Health and Wellness Letter.

Monthly Birthday Party!

Friday, July 10 @ 2:00PM
Celebrate our July birthdays with Mystery Train to entertain and Happy Hour bar set up with cake on the side.

SaskTel Tech Event & Learning Session

Monday, July 13 @ 10:00AM
Join in on the dancefloor to learn more about how to use your phone and/or tablet! SaskTel is hosting a learning session to teach basics and other tips and tricks for using your devices.

Chef's Meeting

Wednesday, July 15 @ 1:30PM
Meet in the Bistro to talk about your food with your head chef, Angelito!

Shuttle to Lawson Heights Mall

Wednesday, July 22 @ 9:00AM
Take off with James and Suman to Saskatoon to enjoy shopping and lunch in the Lawson Heights Mall. Rumor has it an ice cream stop may be made in Rosthern on the way home!
\$20.00/resident – no refunds
Sign up at front desk – 10 spots available

POINTS WEST
— LIVING —

PRINCE ALBERT
SUMMER 2026

NEWSLETTER

Summer is here, which means it is time to slow down, relax, take in the sunshine and enjoy.

June brought a lot of activity and rain! The month began with the first two-day Shuffleboard tournament here at PWLPA. This tournament was organized and ran by the Resident Council Recreation Director, Lynn Gaudet. Thank you Lynn for all the hard work you put in to make the event happen and Congratulations to our Winners!

Pool A: Margaret F and Irene S

Pool B: John E and Ray D

Let's see who can hold their title at the Canada Day mini-shuffleboard tournament!

With our 'slower' months starting, we do still have many items coming up!

Along with this newsletter, you will receive a Summer 'Package' of papers that arrived at your door last night. Each item in this package is important and will help with future planning and decisions. Included in the package:

- ✓ This Summer Newsletter
- ✓ July Activity Calendar
- ✓ Grant Application Survey
- ✓ Bistro Use Survey
- ✓ Health and Wellness Letter
- ✓ Emergency Info

If you have questions or need assistance, please ask someone at the front desk!

Enjoy your summer! e!





YOU ARE INVITED!



Canada Day Celebration!

Wednesday, July 1st.

Let's Celebrate our independence together on July 1st, 2026. We will have a Canadian Backyard BBQ style lunch, then set up for our Shuffleboard Tournament, enjoy cake and of course shout out the Canadian Anthem with all the Red & White passion we can muster.

Details

Lunch @ 11:30AM

Condo Residents = no charge

Guests = \$20.00/meal

Shuffleboard Tournament @ 1:30

Sign your team up at the front desk before June 30th.

Anthem & Cake!

Immediately after the tournament, we will sing our anthem and enjoy cake.

Theme

Proudly wear your red and/or white! If you have anything with a maple leaf or flag, wear it proudly!

Prizes for...

Shuffleboard Winners

Best Dressed for Canadian Pride

Don't forget to invite your family and friends to celebrate! Extra yard games will be set up to enjoy!

Walking Club

(for all mobility levels)

With the weather becoming increasingly beautiful, we want to make sure everyone has chances to enjoy!

Meet us at the main doors every

Thursday at 1:30PM to take in the fresh air and go for a group walk... or roll!

A reminder that we always bring an extra walker and/or wheelchair for those that need breaks or just want to roll with us!

SaskTel Tech Event & Learning Session

Monday, July 13th @ 10:00am

SaskTel has offered to host a learning session focusing on basic features, essential tips and knowledge to make the most out of your cell phone device. The session will be 1+ hours, depending on the needs of the learning session. No sign up required, just show up to the event with a fully charged device! Tablets and phones welcomed.

Lawson Heights Group Trip

Wednesday, July 22 @ 9:00AM

Join us to travel to Saskatoon for a day of shopping, lunch and ice cream! \$20.00/person and sign up at the front desk - 10 spots open – no refunds.

REMINDERS

Puzzle Reminder

We have noticed a few puzzles that have been borrowed and not returned. As a reminder, please return puzzles after you have borrowed them.

Library Reminder

If you bring anything into the library (extra chairs, pillows, food, garbage... etc.) please clean up and put items away after use. This will help keep our small library clear and open for those that want to search for a good book.

Parking Lot Spruce-Up

Monday, June 29 @ 3:00PM

ALL VEHICLES ARE TO BE REMOVED FROM THE PWLPA PARKING LOT

Our parking lot is about to be completely swept and painted. If you have a vehicle parked here, please coordinate for your vehicle to be moved from the parking lot by early Monday afternoon and overnight (to let the paint properly dry). Please report to the front desk how you plan to handle your vehicle.



Take a Break!

During the summer months, many residents and ECP's leave or take holidays – this means its time for all of us to take a break!

Multiple events/activities will be paused through July and August to allow everyone to slow down and enjoy the sunshine.

Events/Activities on Pause:

- Exercise with Carrie
- Horse Races every OTHER week
- Residents in the Kitchen
- Only one (1) happy hour/ month
- Bible Study
- Interdenominational Mass
- Movie Night

All items will return in September! If you have any questions, please inquire to Cassie or James.

Activity Challenge!

I am challenging residents this summer to increase their activity! Through walking and movement, it all equals exercising your heart – participate in this challenge to make your doctors happy! More information can be found in the Health and Wellness letter.