


August 2023

West Park Health Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Home Areas Legend</u></p> <p>First Floor (1F) Second Floor (2F) Shared</p>		<p>9:45 Calendar Delivery 1</p> <p>10:30 Folding/Sorting (2F) 1:00 Famous "Soccer" Footballers (1F) 2:00 Iced Coffee or Iced Tea Social (1F) 3:00 Music Meditation (1F) 3:00 20 Clues (2F) 6:00 Friendly Visits (2F, 1F)</p>	<p>9:45 Lukes (2F) 2</p> <p>10:30 Urban Legends (1F) 1:00 Patio Chat (1F) 2:00 Board Games (1F, 2F) 3:00 Gardening/Watering (1F) 3:00 Tic Tac Toss (2F) 6:00 Friendly Visits</p>	<p>9:45 Aromatherapy (2F) 3</p> <p>10:30 The Price is Right (1F) 1:00 spiritual readings (2F) 2:00 Mini putt (1F, 2F) 3:00 Tuck Cart 3:00 Words in Word Game (2F) 6:00 Friendly Visits (2F, 1F)</p>	<p>9:45 News and Views (2F) 4</p> <p>10:30 Black jack (1F) 1:00 Humour Therapy (1F) 2:00 Patio Games (1F, 2F) 3:00 Hangman (1F) 3:00 Riddle me this (1F) 6:00 Friendly Visits (2F, 1F)</p>	<p>9:45 Strolls (1F) 5</p> <p>10:30 Horse Racing (2F) 1:00 Music and Memories (2F) 2:00 Mocktails (2F, 1F) 3:00 Bingo (1F) 6:00 Friendly Visits (2F, 1F)</p>
<p>6</p> <p>National Root Beer Float Day 9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Categories (1F) 2:00 Root Beer Floats (2F, 1F) 3:00 Lawn Darts (2F) 3:00 Bridge To Dreams (2F, 1F) 6:00 Friendly Visits (2F, 1F)</p>	<p>7</p> <p>9:30 Virtual Visits 10:30 Not Quite Jeopardy (1F) 1:00 Jenga (1F) 2:00 Strolls (1F, 2F) 3:00 Wii Bowling (2F) 3:00 Montessori Activities (2F) 6:00 Friendly Visits</p>	<p>8</p> <p>9:45 Bread Making (1F) 10:30 Word Search Puzzles (1F) 1:00 Horseshoes (2F) 2:00 Travelling Cart "Warm Bread" (1F, 2F) 3:00 Sit to be Fit (2F) 3:00 Weird Science (1F) 6:00 Friendly Visits</p>	<p>9</p> <p>9:45 Table Bowling (2F) 10:30 Daily Chronicles (1F) 1:00 History (Avondale) (1F) 2:00 Board Games (2F, 1F) 3:00 Travelling Cart "Popsicles" (2F, 1F) 3:00 Categories (2F) 6:00 Friendly Visits</p>	<p>10</p> <p>9:45 Wii Bowling (1F) 10:30 Noodle Ball (2F) 12:00 1st Floor BBQ Lunch (1F) 2:00 Word Games (2F, 1F) 3:00 Tuck Cart 3:00 Mini putt (1F, 2F)</p>	<p>11</p> <p>9:45 Spiritual music (2F) 10:30 Chair Soccer (1F) 1:00 Cats of the World (1F) 2:00 Humane Society Kitten Visits (1F, 2F) 3:00 Music and Memories (1F) 3:00 Connect 4 (2F) 6:00 Friendly Visits</p>	<p>12</p> <p>9:45 Project Bird Feeder (1F) 10:30 Yahtzee (2F) 1:00 "Through the Eyes of a Child" Story (2F) 2:00 Creative Arts "Knitting Club/Painting (2F, 1F) 3:00 Bingo (2F) 6:00 Friendly Visits</p>
<p>13</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Spa Day (2F, 1F) 2:00 Ice Cream Sundaes (2F, 1F) 3:00 Yahtzee (1F) 3:00 ring toss (2F) 6:00 Friendly Visits</p>	<p>14</p> <p>9:30 Virtual Visits 10:30 UNO (1F) 1:00 Ball Toss (2F) 2:00 Music and Memories (2F, 1F) 3:00 Wii Bowling (2F) 3:00 Riddles (1F) 6:00 Friendly Visits</p>	<p>15</p> <p>9:45 Black and White Clips (1F) 10:30 Courtyard Strolls (2F) 1:00 Men's Club - Art of the Cigar (1F) 2:00 Orange Julius Social (1F, 2F) 3:00 Manicures (1F) 3:00 Ball Toss (2F) 6:00 Monopoly Tournament</p>	<p>16</p> <p>9:45 Ring Toss (2F) 10:30 Dominoes (1F) 1:00 Patio Chat (1F) 2:00 Board Games (2F, 1F) 3:00 Trivia "Ontario" (1F) 3:00 spiritual readings (2F) 6:00 Friendly Visits</p>	<p>17</p> <p>9:45 Bible Studies (1F) 10:30 DROM (2F) 1:00 Strolls (1F) 2:00 Categories (2F) 3:00 Tuck Cart 3:00 Humour Therapy (1F) 6:00 Friendly Visits</p>	<p>18</p> <p>9:45 Our Back Yard (2F) 10:30 Card Games (1F) 1:00 Tv Lounge Decorating (2F) 2:00 Birthday Party & Live Music W/ Big Dave (2F) 3:00 YouTube Laughs (1F) 3:00 Lukes (2F) 6:00 Friendly Visits</p>	<p>19</p> <p>9:45 Reading Circle (1F) 10:30 Funny Animal Video's (2F) 1:00 Mini putt (2F) 2:00 Scategories (1F) 3:00 Bingo (1F) 6:00 Friendly Visits</p>
<p>20</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 2:00 Tic tac toe (1F) 3:00 Aiming (2F) 3:00 Painting (1F) 6:00 Friendly Visits</p>	<p>21</p> <p>9:30 Virtual Visits 10:30 Funny Animal Video's (1F) 1:00 Guess the Dog Breeds (1F) 2:00 Resident/food council 3:00 Patio Chat (2F) 3:00 Word Ladder's (1F) 6:00 Friendly Visits</p>	<p>22</p> <p>9:45 Bread Making (1F) 10:30 Black and White Clips (2F) 1:00 Aromatherapy (1F) 2:00 Patio Games (1F, 2F) 3:00 Bird Watching (1F) 3:00 Happy Hour (2F) 6:00 Friendly Visits</p>	<p>23</p> <p>9:45 Daily Chronicles (2F) 10:30 Horseshoes (1F) 1:00 Movie Matinee/Night (2F) 2:00 Board Games (2F, 1F) 3:00 Patio Chat (2F, 1F) 3:00 Crossword Puzzles (1F) 6:00 Friendly Visits</p>	<p>24</p> <p>9:45 Word Scramble (1F) 10:30 Friendly Visits (2F) 12:00 2nd Floor BBQ Lunch (2F) 2:00 Minute to Win it (2F) 3:00 Tuck Cart 3:00 UNO (1F)</p>	<p>25</p> <p>1:00 Ball Toss (2F) 2:00 Creative Arts (1F) 3:00 Walking Program (2F) 6:00 Friendly Visits</p>	<p>26</p> <p>9:45 Patio Chat (1F) 10:30 YouTube Highlights (2F) 2:00 knitting/Crochet Club (1F) 3:00 Bingo (2F)</p>
<p>27</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 2:00 Mini Putt Tournament (2F, 1F) 3:00 Lukes (1F)</p>	<p>28</p> <p>9:30 Virtual Visits 10:30 Trivia (1F) 1:00 Spa Day (1F) 2:00 Wii Bowling (2F) 3:00 Card Games (1F) 3:00 Montessori Programs (2F) 6:00 Friendly Visits</p>	<p>29</p> <p>9:45 Strolls (1F) 10:30 Black jack (2F) 1:00 Volleyball (1F) 2:00 Peaches and Ice Cream Social (2F, 1F) 3:00 ring toss (2F) 3:00 Brain teasers (1F) 6:00 Friendly Visits</p>	<p>30</p> <p>9:45 1:1 visits (2F) 10:30 Creative Arts (1F) 12:00 Lunch club (2F) 1:00 Doll Therapy (2F) 2:00 Board Games (1F, 2F) 3:00 Hangman (2F) 3:00 Hard Targets (1F) 6:00 Friendly Visits</p>	<p>31</p> <p>9:45 This or That - Would You Rather (2F) 10:30 Lukes (1F) 1:00 Hand Massages (2F) 2:00 Happy Hour (1F, 2F) 3:00 Tuck Cart 3:00 Spiritual uplifting music (2F) 6:00 Friendly Visits</p>	<p>103 Pelham Road, St. Catharine's, ON, L2S1S9</p>	