


September 2023

West Park Health Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Locations Legend</p> <p>Second Floor Lounge All Floors First Floor Lounge Outside Chapel Room Courtyard Bowling Alley First Floor Dining Room</p>				<p>103 Pelham Road, St. Catharine's, ON, L2S 1S9</p>		<p>9:45 Calendar Delivery 1 10:30 Animals around the world (1F) 1:00 Funny Fashion's (1F) 2:00 Ready Steady Roll (2F, 1F) 3:00 Bird Watching (2F) 3:00 Patio Chat (2F, 1F) 6:00 Friendly Visits</p>	<p>9:45 Strolls (1F) 2 10:30 Hard Targets (2F) 1:00 Montessori Activities (2F) 2:00 Documentaries "St. Catharines" (2F, 1F) 3:00 Bingo (1F) 6:00 Friendly Visits</p>
<p>9:45 Walking Program (2F) 3 11:00 Catholic Mass (1F) 1:00 EZ Trivia (2F) 2:00 Bowling Alley (2F, 1F) 3:00 Black Jack (1F) 3:00 Jumbo Connect 4 (2F) 6:00 Friendly Visits</p>	<p>Labour Day 4 9:30 Virtual Visits 10:30 Who am I? (1F) 1:00 Aromatherapy (2F) 2:00 Orange Julius (2F, 1F) 3:00 Crossword Puzzles (1F) 3:00 Board Games (2F) 6:00 Friendly Visits</p>	<p>9:45 Wii Bowling Tournament (1F) 5 11:00 Walking Program (2F) 1:00 Spa Day (2F) 2:00 Minute to Win It (1F, 2F) 3:00 Odd News (2F) 3:00 Who, What, Where (1F)</p>	<p>9:45 Bread Making (1F, 2F) 6 10:30 Key To Key Game (1F) 1:00 Strolls (1F) 2:00 Travelling Cart "Warm Bread" (2F, 1F) 3:00 Daily Chronicles (1F) 3:00 Spiritual Readings (1F) 6:00 Friendly Visits</p>	<p>9:45 Trivia "Apple Style" (1F) 7 10:30 Bull's Eye Bounce (2F, 1F) 1:00 What am I? (2F) 2:00 Humane Society Visits (1F, 2F) 3:00 Tuck Cart 3:00 Mindful Meditation (2F) 6:00 Friendly Visits</p>	<p>9:45 Ball Toss (2F) 8 10:30 Jeopardy (1F) 1:00 Go Fish (2F) 2:00 Mocktails (1F, 2F) 3:00 Curling (1F) 3:00 Montessori Programs (2F) 6:00 Friendly Visits</p>	<p>9:45 Project Bird Feeder (1F) 9 10:30 Poetry Reading (2F) 1:00 DROM (2F) 2:00 Creative Arts "Knitting Club" (1F) 3:00 Bingo (2F) 6:00 Friendly Visits</p>	
<p>9:45 New Hope Church Niagara 10 10:30 Hymns sings 1:00 Battleship Game (1F) 2:00 Grandparents Day Social (2F, 1F) 3:00 Noodle Ball (2F) 3:00 Gratitude Tree - Craft (1F) 6:00 Friendly Visits</p>	<p>9:30 Virtual Visits 11 10:30 Hangman (1F) 1:00 Coupon War (2F) 2:00 Wii Bowling (2F, 1F) 3:00 Strolls (1F) 6:00 Friendly Visits</p>	<p>9:45 Our Back Yard (1F) 12 10:30 Ping Pong Toss (2F) 1:00 Crossword Puzzles (1F) 2:00 Movie Matinee (2F, 1F) 3:00 Pictionary (1F) 3:00 Short Stories (2F) 6:00 Friendly Visits</p>	<p>9:45 Prehistoric Niagara (2F) 13 10:30 Remember When (1F) 1:00 Table Bowling (2F) 2:00 Board Games (1F, 2F) 3:00 Strolls (2F, 1F) 6:00 Friendly Visits</p>	<p>9:45 Twister Toss (2F) 14 10:30 Short Story - Read Aloud (1F) 1:00 Ipad Video's (1F) 2:00 Spa Day (1F, 2F) 3:00 Tuck Cart 3:00 Parcheesi (2F) 6:00 Friendly Visits</p>	<p>9:45 News and Views (2F) 15 10:30 Mini putt (1F) 1:00 Lukes (1F) 2:00 Travelling Cart "Garlic Bread" (1F, 2F) 3:00 Montessori Hour (2F) 3:00 Remember When (1F) 6:00 Friendly Visits</p>	<p>9:45 Gardening/Watering (1F) 16 10:30 YouTube Video's (2F) 1:00 Baker's Club (1F) 2:00 Scategories (2F, 1F) 3:00 Bingo (1F) 6:00 Friendly Visits</p>	
<p>9:45 New Hope Church Niagara 17 10:30 Hymns sings 1:00 Spa Day (2F) 2:00 Creative Colouring (2F, 1F) 3:00 ring toss (1F) 3:00 Hallway Bowling (2F) 6:00 Friendly Visits</p>	<p>9:30 Virtual Visits 18 10:30 Hangman (1F) 1:00 Lukes (1F) 2:00 Resident/food council 2:00 Coffee or Tea Chat (1F, 2F) 3:00 Wii Bowling (2F) 3:00 Baker's Club (1F, 2F) 6:00 Friendly Visits</p>	<p>9:45 Chair Soccer (1F) 19 10:30 Doll Therapy (2F) 1:00 I Spy/find it (2F) 2:00 Sunshine Singers (2F, 1F) 3:00 Creative Colouring (2F) 3:00 Spiritual readings (2F) 6:00 Friendly Visits</p>	<p>9:45 Coffee and Chat (2F) 20 10:30 Patio Chats (1F) 1:00 Secret Tunnel's (1F) 2:00 Board Games (2F, 1F) 3:00 Hand Massages (1F) 3:00 Trivia (2F) 6:00 Friendly Visits</p>	<p>9:45 Scategories (1F) 21 10:30 Water Painting (2F) 12:00 Lunch club (2F) 3:00 Tuck Cart 3:00 Weird Science (1F) 6:00 Friendly Visits</p>	<p>9:45 Celebrity of the month (2F) 22 10:30 Paint by Number (1F) 1:00 Yahtzee (2F) 2:00 Birthday Party/Entertainment "Big Dave" (2F, 1F) 3:00 Word Games (1F) 3:00 Sit to be Fit (2F) 6:00 Friendly Visits</p>	<p>9:45 Project Bird Feeder (1F) 23 10:30 Money Ball (2F) 1:00 Spiritual Music and Readings (1F) 2:00 Chair Soccer (2F, 1F) 3:00 Bingo (2F) 6:00 Friendly Visits</p>	
<p>9:45 New Hope Church Niagara 24 10:30 Hymns sings 1:00 Who Wants to be a Millionaire? (1F) 2:00 Travel to Mexico (2F, 1F) 2:00 Ice Cream Sundae's (2F, 1F) 3:00 Humour Therapy (2F) 3:00 Montessori Activities (2F) 6:00 Friendly Visits</p>	<p>9:30 Virtual Visits 25 10:30 Dominos (1F) 1:00 Uno (1F) 2:00 Minute to Win It (1F, 2F) 3:00 Ipad Visits (1F) 3:00 Daily Chronicles (2F) 6:00 Friendly Visits</p>	<p>9:45 Card Games (1F) 26 10:30 Montessori Activities (2F) 1:00 I Spy/find it (2F) 2:00 Black and White Clips (1F, 2F) 3:00 Hard Targets (1F) 3:00 Spiritual Readings (2F) 6:00 Friendly Visits</p>	<p>9:45 Horoscopes (2F) 27 10:30 Humour Therapy (1F) 1:00 Noodle Ball (1F) 2:00 Board Games (2F, 1F) 3:00 Tic Tac Toss (2F) 3:00 Riddles (1F) 6:00 Friendly Visits</p>	<p>9:45 Spiritual music (1F) 28 10:30 Bocci Ball (2F) 1:00 Table Bowling (1F) 2:00 Creative Arts (2F, 1F) 3:00 Tuck Cart 3:00 Guinness World Records (2F) 6:00 Friendly Visits</p>	<p>9:45 Matching/Sorting (2F) 29 10:30 News and Views (1F) 1:00 Riddle Me This (2F) 2:00 Family feud (2F, 1F) 3:00 Horse Racing (1F) 3:00 Music and Memories (2F) 6:00 Bulletin Board Decorating (1F)</p>	<p>National Truth and Reconciliation Day 30 9:45 Weird Science (1F) 10:30 Short Stories (2F) 1:00 Doll Therapy (2F) 2:00 National Truth and Reconciliation Day (2F, 1F) 3:00 Bingo (1F) 6:00 Friendly Visits</p>	