








October 2023

West Park Health Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>International Coffee Day</u> 1</p> <p>9:45 New Hope Church Niagara 9:45 Calendar Delivery</p> <p>10:30 Hymns sings 1:00 Black and White Clips (1F) 2:00 Fall Decorating (1F, 2F) 3:00 Coffee Chats (1F, 2F) 6:00 Friendly Visits</p>	<p>2</p> <p>9:30 Virtual Visits 10:30 Bull's Eye Bounce (1F) 1:00 DROM (2F) 2:00 Hole in one (1F, 2F) 3:00 Spa Day (2F) 3:00 Riddles (1F) 6:00 Friendly Visits</p>	<p>3</p> <p>9:45 Bread Making (1F) 10:30 Daily Chronicles (2F) 1:00 Card Games (2F) 2:00 Travelling Cart "Warm Bread" (2F, 1F) 3:00 Creative Colouring (2F) 3:00 Hangman (1F) 6:00 Friendly Visits</p>	<p><u>World Space Week</u> 4</p> <p>9:45 Creative Arts "Space Painting" (2F) 10:30 Trivia "Astronomy" (1F) 1:00 Music and Memories (2F) 2:00 Board Games (1F, 2F) 3:00 Poetry Reading (2F) 3:00 Daily Chronicles (1F) 6:00 Friendly Visits</p>	<p>5</p> <p>9:45 Thanksgiving Traditions (1F) 10:30 Horse Racing (2F) 1:00 Turkey Talk (1F) 2:00 Bowling Alley (2F, 1F) 3:00 Tuck Cart 3:00 Ring Toss (2F, 1F) 6:00 Friendly Visits</p>	<p>6</p> <p>9:45 Doll Therapy (2F) 10:30 News and Views (1F, 2F) 1:00 Baker's Club (2F) 2:00 Bocci Ball (1F, 2F) 2:00 Humane Society Visits (1F, 2F) 3:00 Hand Massages (2F, 1F) 3:00 Scategories (1F) 6:00 Friendly Visits</p> 	<p>7</p> <p>9:45 Creative Arts (1F) 10:30 Mini putt (2F) 1:00 Mini Scarecrow Craft (1F) 2:00 Thanksgiving Social (2F, 1F) 3:00 Bingo 6:00 Friendly Visits</p>
<p>8</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 2:00 Autumn videos (2F) 3:00 Autumn Art (2F)</p> 	<p><u>Thanksgiving Indigenous People's Day</u> 9</p> <p>9:30 Virtual Visits 10:30 Dominos (1F) 2:00 Creative Arts "Dream Catchers" (1F, 2F) 3:00 Indigenous Influence (2F)</p> 	<p>10</p> <p>9:45 Wii Games (1F) 10:30 What am I? (2F) 1:00 Baker's Club (2F, 1F) 2:00 Wii Bowling (1F, 2F) 3:00 Matching Game (2F) 6:00 Friendly Visits (2F, 1F)</p>	<p>11</p> <p>9:45 Table Bowling (2F) 10:30 Spa Day (1F) 1:00 Montessori (2F) 2:00 Halloween Decorating (1F, 2F) 3:00 Board Games (2F, 1F) 6:00 Friendly Visits</p>	<p>12</p> <p>9:45 Autumn in Photographs (2F) 10:30 Fashion Reminscing (1F) 1:00 Bean Bag Toss (2F, 1F) 2:00 Spa Day (1F) 3:00 Tuck Cart 3:00 Dice Games (1F) 6:00 Friendly Visits</p>	<p>13</p> <p>9:45 Funny Videos (2F) 10:30 Name 10 (1F) 12:00 Lunch Club (2F) 2:00 Mocktails (2F, 1F) 3:00 On this Day (1F) 3:00 Friday the 13th Facts (2F) 6:00 Friendly Visits</p>	<p>14</p> <p>9:45 Daily Chronicles (1F) 10:30 Dangerous Attractions (2F) 1:00 Hand Massage (2F) 2:00 Horse Racing (1F) 3:00 Bingo 6:00 Friendly Visits</p>
<p>15</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Go Fish (2F) 2:00 Ball Toss (1F) 3:00 Wii Bowling (2F) 6:00 Friendly Visits</p>	<p>16</p> <p>9:30 Virtual Visits 10:30 It Happened in October (1F) 1:00 Audience Participation Story (1F) 2:00 Resident/food council 3:00 Hand Massages (2F) 3:00 Horseshoes (1F) 6:00 Friendly Visits</p>	<p>17</p> <p>9:45 Ring Toss (1F) 10:30 Ipad Visits (2F) 1:00 Montessori Activities (2F) 2:00 Travelling Popcorn Cart (2F, 1F) 3:00 Would you Rather? (2F) 3:00 Dominos (1F) 6:00 Friendly Visits</p>	<p>18</p> <p>9:45 Noodle Ball (2F) 10:30 Word Search Puzzles (1F) 1:00 Drama in Real Life (1F) 2:00 Board Games (2F, 1F) 3:00 Montessori Activities (2F) 3:00 Doll Therapy (1F) 6:00 Friendly Visits</p>	<p>19</p> <p>9:45 Coffee/Tea Chats (1F) 10:30 Daily Chronicles (2F) 1:00 Hole in one (2F) 2:00 Mad Science (2F, 1F) 3:00 Tuck Cart 3:00 Minute to Win It (1F) 6:00 Friendly Visits</p> 	<p>20</p> <p>2:00 History around the world (2F, 1F) 3:00 Fall Sports Trivia (2F) 6:00 Friendly Visits</p>	<p>21</p> <p>9:45 Mini Pumpkin Decorating (1F) 10:30 Project Bird Feeder (2F) 1:00 Five Songs and Their Stories (2F) 2:00 Bocci Ball (1F, 2F) 3:00 Bingo 6:00 Friendly Visits</p>
<p>22</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Lukes (2F) 2:00 Chili Social (2F, 1F) 3:00 Music and Memories (2F) 3:00 Q Tip Painting (1F) 6:00 Friendly Visits</p> 	<p>23</p> <p>9:30 Virtual Visits 10:30 Trivia "True or False" (1F) 1:00 Lukes (1F) 2:00 Family Feud "Halloween" (2F, 1F) 3:00 Creative Colouring "Halloween" (1F) 3:00 Movie Matinee (2F) 6:00 Friendly Visits</p>	<p>24</p> <p>9:45 Horoscopes (1F) 10:30 Karma "Real or Not" (2F) 1:00 Short Stories (1F) 2:00 Minute to Win It (1F, 2F) 3:00 Board Games (1F) 6:00 Friendly Visits</p>	<p>25</p> <p>9:45 Coffee/Tea Chats (2F) 10:30 Lukes (1F) 1:00 TV lounge Decorating (1F) 2:00 Birthday Party/Entertainment (1F) 3:00 Poetry Reading (1F) 3:00 Funny Animal Video's (2F) 6:00 Friendly Visits</p>	<p>26</p> <p>9:45 DROM (1F) 10:30 Montessori Activities (2F) 1:00 Baker's Club (1F) 2:00 Music and Memories (2F) 3:00 Tuck Cart 3:00 Famous Movie Quotes Trivia (1F) 6:00 Friendly Visits</p>	<p>27</p> <p>9:45 Parcheesi (2F) 10:30 YouTube Halloween Decor (1F) 1:00 Spooky Short Stories (2F) 2:00 Crazy Eights (2F, 1F) 3:00 Roll a Jack-O-Lantern (2F) 3:00 Crossword Puzzles (1F) 6:00 Friendly Visits</p>	<p>28</p> <p>9:45 Project Bird Feeder (1F) 10:30 Ring Toss (2F) 1:00 Buddha Board (1F) 2:00 Autumn memory game (2F) 3:00 Bingo 6:00 Friendly Visits</p>
<p>29</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Creative Arts (2F) 3:00 UNO (1F) 3:00 Matching (2F) 6:00 Friendly Visits</p>	<p>30</p> <p>9:30 Virtual Visits 10:30 Baker's Club "Pumpkin Cookies" (1F) 1:00 Men's Club - Godfather Trivia (1F) 2:00 Ping Pong (1F, 2F) 3:00 Music and Memories - Halloween style (1F) 3:00 Halloween Video's (2F) 6:00 Friendly Visits</p>	<p><u>Halloween</u> 31</p> <p>9:45 Trivia "Spooky" (1F) 10:30 Halloween Word Games (2F) 1:00 Reverse Trick-or-Treating (1F, 2F) 2:00 Halloween Social (2F, 1F) 3:00 Ghost Stories (1F) 6:00 Friendly Visits (2F, 1F)</p> 				<p><u>Home Areas Legend</u></p> <p>First Floor (1F) Second Floor (2F) Shared</p>