







November 2023



West Park Health Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
West Park Health Centre, 103 Pelham Road St. Catharines ON, L2S 1S9			9:45 Calendar Delivery 1 10:30 Fun Facts "November" (1F) 1:00 Lukes (1F) 2:00 Board Games (1F, 2F) 3:00 Poetry Reading (2F) 3:00 Scategories (1F) 6:00 Friendly Visits	9:45 Not Quite Jeopardy (1F) 2 10:30 Spa Day (2F) 1:00 Ball Toss (2F, 1F) 2:00 Who am I? (2F) 3:00 Tuck Cart 3:00 UNO (2F) 6:00 Friendly Visits	9:45 Animal Facts (2F) 3 10:30 Bean Bag Toss (1F) 2:00 Humane Society Visits (1F, 2F) 3:00 Friendly Visits 	9:30 Baker's Club (1F) 4 10:30 Bull's Eye Bounce (2F) 1:00 Four Lighthouse Ghost Stories (1F) 2:00 Knitting/Crochet Club (1F) 2:00 DROM (2F) 3:00 Bingo 6:00 Friendly Visits
9:45 New Hope Church Niagara 5 10:30 Hymns sings 1:00 Aromatherapy (2F, 1F) 2:00 Cinnamon Bun Social (2F, 1F) 3:00 Basket Pong Game (1F) 3:00 Ipad Visits (2F) 6:00 Friendly Visits 	9:30 Virtual Visits 6 1:00 Chair Soccer (1F) 1:00 Animal Facts (2F) 2:00 Hand Massage (2F) 3:00 Wii Tournament (2F, 1F) 6:00 Friendly Visits	1:00 Music and Meditation (2F) 7 2:00 Bean Bag Toss (1F) 3:00 Manicures (1F, 2F) 6:00 Friendly Visits	1:00 Knitting/Crochet Club (1F) 8 2:00 Board Games (2F, 1F) 3:00 Bull's Eye Bounce (2F) 6:00 Friendly Visits	World Inventors Day 9 9:45 Poetry Readings (2F, 1F) 10:30 Homemade Wind Chimes (2F, 1F) 1:00 Weird Inventions (1F) 2:00 Music and Memories (1F, 2F) 3:00 Tuck Cart 3:00 Baker's Club (1F) 6:00 Friendly Visits	9:45 Daily Chronicles (1F) 10 10:30 Balloon Tennis (1F, 2F) 2:00 Folding/Sorting (2F) 3:00 Friendly Visits	9:45 Making Poppies (2F) 11 10:30 Remembrance Day Tribute (2F, 1F) 2:00 Friendly Visits 3:00 Bingo 
9:45 New Hope Church Niagara 12 10:30 Hymns sings 2:00 Friendly Visits 3:00 Hot Chocolate Social (1F, 2F) 	9:30 Virtual Visits 13 10:30 Not Quite Jeopardy (1F) 1:00 EZ Charades (2F) 2:00 Bazaar Decorating (2F, 1F) 3:00 Name that tune (2F) 3:00 Card Games (1F) 6:00 Friendly Visits	9:45 Ring Toss (1F) 14 10:30 Creative Coloring (2F) 1:00 Deal or No Deal (1F) 2:00 Weird Science (1F, 2F) 3:00 Poetry Reading (2F) 3:00 Bocci Ball (1F) 6:00 Friendly Visits	9:45 Ipad Visits (2F) 15 10:30 Noodle Ball (1F) 1:00 Penny Toss (2F) 2:00 Board Games (1F, 2F) 3:00 Spa Day (2F) 3:00 Daily Chronicles (1F) 6:00 Friendly Visits	9:45 Men's Club "Would you Rather" (1F) 16 10:30 Dice Games "One and Done" (2F) 1:00 Creative Colouring (1F) 2:00 Bazaar Prep (1F, 2F) 3:00 Tuck Cart 3:00 Dominos (2F) 6:00 Friendly Visits	1:00 November Trivia (1F) 17 2:00 Hard Targets (2F) 3:00 Funny Videos (1F) 6:00 Bazaar Prep (1F, 2F)	Snowflake Bazaar!! 18 10:00 am - 2:00 pm 
International Men's Day 19 9:45 New Hope Church Niagara 10:30 Hymns sings 2:00 International Men's Day Social (2F, 1F) 3:00 Bingo (2F, 1F) 6:00 Friendly Visits	9:30 Virtual Visits 20 10:30 Word Search Puzzles (2F) 1:00 Doll Therapy (2F) 2:00 Resident/food council (1F, 2F) 3:00 Movie Matinee (2F, 1F) 6:00 Friendly Visits	World TV Day 21 9:45 Friendly Visits (2F, 1F) 10:30 Mini Putt (1F) 2:00 Sunshine Singers (2F, 1F) 3:00 Themed Words for Brain Teasers (1F)	9:45 Parachute Games (2F) 22 10:30 Montessori Activites (1F) 1:00 Water Painting (2F) 2:00 Board Games (2F, 1F) 3:00 Lukes (1F) 3:00 Chair Yoga (2F) 6:00 Friendly Visits	9:45 Music, Meditation and Poetry (2F) 23 10:30 Audience Participation Short Stories (1F) 1:00 What am I? (1F) 2:00 Manicures (1F, 2F) 3:00 Tuck Cart 3:00 Masquerade Mask Making (2F) 6:00 Friendly Visits	9:45 News and Views (1F) 24 10:30 Astrology (2F) 1:00 Tv Lounge Decorating (1F) 2:00 Birthday Party & Music W/ Big Dave (1F, 2F) 3:00 Chair Soccer (1F) 3:00 Who, What, Where (2F) 6:00 Friendly Visits	9:45 Project Bird Feeder (1F) 25 10:30 Hand Massage (2F) 1:00 Inspiring Stories (1F) 2:00 Bocci Ball (2F, 1F) 3:00 Bingo 6:00 Friendly Visits
9:45 New Hope Church Niagara 26 10:30 Hymns sings 1:00 Bull's Eye Bounce (2F) 2:00 Creative Colouring (1F) 3:00 Apple Cider Social (1F, 2F) 6:00 Friendly Visits	9:30 Virtual Visits 27 10:45 It Happened in November (1F) 1:00 Brand Names and Slogans Trivia (1F) 2:00 Balloon Volleyball (1F) 3:00 Dice Golf Games (2F) 6:00 Friendly Visits	9:45 Bread Making (1F) 28 10:30 Yahtzee (2F) 1:00 Famous Canadians (1F) 2:00 Travelling Cart "Warm Bread" (2F, 1F) 3:00 Funny Animal Video's (1F) 3:00 Montessori Hour (2F) 6:00 Friendly Visits	9:45 EZ Trivia (2F) 29 10:30 Snowflake Making (1F) 1:00 Paint By Numbers (1F) 2:00 Board Games (2F, 1F) 3:00 Wii Tournament (2F, 1F) 6:00 Friendly Visits	9:45 Coffee/Tea Chats (1F) 30 10:30 Charades (2F) 1:00 Volleyball (1F) 2:00 Mad Science (2F, 1F) 3:00 Tuck Cart 3:00 Hangman (1F) 6:00 Friendly Visits		Home Areas Legend First Floor (1F) Second Floor (2F) Shared