

# December 2023

## West Park Health Centre

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

|  |  |   |  |  |  |  |  |   |  |   |  |  |  |
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| <b>103 Pelham Road, St. Catharines, ON, L2S 1S9</b>  |  |    |  |   |  | <b>9:45 Calendar Delivery 1</b><br>10:30 Animals around the world (2F)<br>1:00 who wants to be a millionaire (1F)<br>2:00 Manicures (2F)<br>3:00 Lukes (1F)<br>3:00 Dominos (1F)<br>6:00 Friendly Visits   |  | <b>9:45 Jingle Bell Toss (1F) 2</b><br>10:30 Rolling a New York Pizza (2F)<br>1:00 Hangman (1F)<br><b>2:00 Christmas Tree Decorating (2F, 1F)</b><br>2:00 Music and Memories (1F)<br><b>3:00 Bingo</b><br>6:00 Friendly Visits        |  |   |  |  |  |
| <b>9:45 New Hope Church Niagara 3</b><br>10:30 Hymns sings<br>1:00 Baker's Club (2F)<br>2:00 New York City Christmas (1F)<br>3:00 Where am I? (1F)<br>3:00 History of Advent (2F)<br>6:00 Friendly Visits          |  | <b>9:30 Virtual Visits 4</b><br>10:30 Bocci Ball (1F, 2F)<br>1:00 Ipad Visits (1F)<br><b>2:00 Christmas Floor Decorating (2F, 1F)</b><br>3:00 Lukes (2F)<br>3:00 Ball Toss (2F)<br>6:00 Friendly Visits               |  | <b>9:45 Riddles (1F) 5</b><br>10:30 Baker's Club (1F, 2F)<br>1:00 Black jack (1F)<br>2:00 Hangman (1F)<br>3:00 Music and Memories (2F)<br>3:00 Creative Arts (1F)<br>6:00 Friendly Visits  |  | <b>9:45 EZ Trivia (1F) 6</b><br>10:30 Yahtzee (2F)<br>1:00 Lounge Decorating (1F)<br><b>2:00 Birthday Party &amp; Live Music W/ Bonnie James (2F, 1F)</b><br>3:00 It Happened in December (1F)<br>3:00 Animals around the world (1F)<br>6:00 Friendly Visits |  | <b>9:45 Coffee and Tea Chats (1F) 7</b><br>10:30 Hand Massages (1F, 2F)<br>1:00 Bull's Eye Bounce (2F)<br>2:00 Travelling Cart "Hot Chocolate" (2F, 1F)<br><b>3:00 Tuck Cart</b><br>3:00 Hallway Bowling (1F)<br>6:00 Friendly Visits |  | <b>9:45 Urban legends (1F) 8</b><br>10:30 Bean Bag Toss (2F, 1F)<br>1:00 Word Search Puzzles (1F)<br>2:00 Minute to Win It (2F, 1F)<br><b>3:00 Movie Matinee: Christmas Edition (2F, 1F)</b><br>6:00 Friendly Visits  |  | <b>9:45 Coffee Chats (1F) 9</b><br>10:30 Board Games (1F)<br>1:00 Scategories (2F)<br>2:00 Bocci Ball (2F, 1F)<br>2:00 Maincures (2F)<br><b>3:00 Bingo</b><br>6:00 Friendly Visits   |  |
| <b>9:45 New Hope Church Niagara 10</b><br>10:30 Hymns sings<br>1:00 Colour By Number (1F)<br>2:00 Baker's Club (1F, 2F)<br>3:00 Lukes (2F)<br>3:00 Funny Videos (1F)<br>6:00 Friendly Visits                       |  | <b>9:30 Virtual Visits 11</b><br>10:30 Ring Toss (2F, 1F)<br>1:00 Music, Meditation and Poetry (2F)<br>2:00 Christmas Tales (1F, 2F)<br>3:00 Trivia (1F)<br>3:00 Yahtzee (1F)<br>6:00 Friendly Visits                 |  | <b>9:45 Word Scramble (1F) 12</b><br>10:30 Spa Day (2F)<br>1:00 Who am I (1F)<br>2:00 Creative Coloring "Christmas Photo's" (1F, 2F)<br>3:00 Doll Therapy (2F)<br>3:00 Funny Animal Video's (2F)<br>6:00 Friendly Visits           |  | <b>9:45 Daily Chronicles (2F) 13</b><br>10:30 Hangman (1F)<br>1:00 Hard Targets (1F)<br>2:00 Board Games (1F, 2F)<br>3:00 Hand Massages (2F)<br>3:00 Bocci Ball (2F, 1F)<br>6:00 Friendly Visits   |  | <b>9:45 Yahtzee (1F) 14</b><br>10:30 Popsicle Stick Xmas Tree (2F)<br>1:00 Riddles (1F)<br>2:00 Christmas Cards (2F, 1F)<br><b>3:00 Tuck Cart</b><br>4:00 Short Stories (1F)<br>6:00 Friendly Visits                                  |  | <b>9:45 Bean Bag Toss (2F) 15</b><br>10:30 Finish the Phrase (1F)<br>1:00 Coffee Chats (1F)<br><b>2:00 Ginger Bread Decorating (1F, 2F)</b><br>3:00 Bocci Ball (1F, 2F)<br>6:00 Friendly Visits                       |  | <b>9:45 Reminiscing "Christmas Eve" (1F) 16</b><br>10:30 EZ Does it Trivia (2F)<br>1:00 Funny Short Xmas Videos (2F)<br>2:00 Knitting Club (1F)<br>2:00 Xmas DROM Version (2F, 1F)<br><b>3:00 Christmas Bingo (1F)</b><br>6:00 Friendly Visits |  |
| <b>9:45 New Hope Church Niagara 17</b><br>10:30 Hymns sings<br>1:00 Doll Therapy (2F)<br><b>2:00 Egg Nog and Cookies (1F, 2F)</b><br>3:00 Board Games (2F)<br>3:00 Music and Memories (1F)<br>6:00 Friendly Visits |  | <u>Winter Wonderland Day (Blue &amp; White) 18</u><br>9:30 Virtual Visits<br>1:00 Christmas Colouring (2F)<br>2:00 Resident/food council<br>2:00 Hangman (2F)<br>3:00 Spirit Photo Booth (1F)<br>6:00 Friendly Visits |  | <u>Christmas Colours &amp; Santa Hat Day 19</u><br>9:45 Animal Facts (1F, 2F)<br>10:30 Daily Chronicles (1F)<br>1:00 Movie Matinee (2F)<br>2:00 DROM - Xmas Celebration (1F)<br>3:00 Paint By Numbers (1F)<br>6:00 Friendly Visits |  | <u>Hot Chocolate Bar &amp; Popcorn Day 20</u><br>9:45 I-pad Visits (2F)<br>10:30 EZ Trivia (1F)<br>1:00 Christmas Word Games (1F)<br><b>2:00 Travelling Hot Chocolate Cart (1F, 2F)</b><br>3:00 Christmas Poems (2F)<br>6:00 Friendly Visits                 |  | <u>Pyjama Day! 21</u><br>9:45 Christmas Prep Reminiscing (2F)<br>10:30 Christmas Jeopardy (1F)<br>1:00 Christmas Song Trivia (2F)<br>2:00 Christmas Carols (1F, 2F)<br><b>3:00 Tuck Cart</b><br>6:00 Friendly Visits                  |  | <u>Ugly Xmas Sweater Day 22</u><br>9:45 Hangman (1F)<br>10:30 Hand Massages (2F)<br>1:00 Ipad Visits (1F)<br><b>2:00 Laughter Yoga: Christmas Edition (1F, 2F)</b><br>3:00 Short Stories (2F)<br>6:00 Friendly Visits |  | <b>9:45 News and Views (1F) 23</b><br>10:30 Mini putt (2F)<br>1:00 Walk & Talk (1F)<br>2:00 Baker's Club (2F, 1F)<br>2:00 Crossword Puzzles (2F)<br><b>3:00 Bingo</b><br>3:00 Friendly Visits (2F, 1F)   |  |
| <b>9:45 New Hope Church Niagara 24</b><br>10:30 Hymns sings<br>1:00 Christmas Word Games (1F)<br>2:00 Music and Memories (2F)<br><b>3:00 T'was the Night before Christmas (1F, 2F)</b><br>6:00 Friendly Visits     |  | <b>9:30 Christmas Gift Parade (2F, 1F) 25</b><br>1:00 Christmas Trivia (2F, 1F)<br><b>2:00 Christmas Movies &amp; Hot Chocolate (2F, 1F)</b><br>3:00 Coffee and Chats (2F, 1F)<br>6:00 Friendly Visits                |  | <b>9:45 Holiday Poems (2F) 26</b><br>10:30 Not Quite Jeopardy (1F)<br>1:00 Boxing Day Reminiscing (1F)<br><b>2:00 Tea &amp; Cookies Cart (1F, 2F)</b><br>3:00 Chair soccer (1F)<br>3:00 Reminiscing (1F)<br>6:00 Friendly Visits   |  | <b>9:45 Lukes (2F) 27</b><br>10:30 Holiday News and Views (1F)<br>1:00 Short Stories (2F)<br>2:00 Not Quite Jeopardy (1F)<br>3:00 Dice Bowling (1F)<br>3:00 Ipad Visits (2F)<br>6:00 Friendly Visits   |  | <b>9:45 Bull's Eye Bounce (1F) 28</b><br>10:30 Montessori (2F)<br>1:00 Blizzard's around the world (1F)<br>2:00 Who Am I? (1F, 2F)<br><b>3:00 Tuck Cart</b><br>3:00 Music and Memories (1F, 2F)<br>6:00 Friendly Visits               |  | <b>9:45 YouTube Highlights (2F) 29</b><br>10:30 Yahtzee (1F)<br>1:00 Family feud (1F)<br>2:00 Travelling Cart "Hot Apple Cider" (1F, 2F)<br>3:00 Noodle Ball (1F)<br>3:00 Laughter Yoga (2F)<br>6:00 Friendly Visits  |  | <b>9:45 New Years Resolutions (1F) 30</b><br>10:30 Lukes (2F)<br>1:00 1950s Song Titles (2F)<br>2:00 Knitting Club (1F)<br><b>2:00 DROM - NYE Version (1F)</b><br><b>3:00 Bingo</b><br>6:00 Friendly Visits                                    |  |

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| <b>9:45 New Hope Church Niagara 31</b><br>10:30 Hymns sings<br>1:00 Ball Toss (1F)<br><b>2:00 Creative Arts "New Years Crafts" (2F, 1F)</b><br>3:00 Ipad Visits (1F)<br>3:00 Spa Treatment (1F, 2F)<br>6:00 Friendly Visits (2F, 1F) |
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| <u>Home Areas Legend</u> |
| First Floor (1F)         |
| Second Floor (2F)        |
| Shared                   |