



# February 2024

## West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>103 Pelham Road, St. Catharines, ON, L2S 1S9</b></p>			<p><b>FEBRUARY NATIONAL RECREATIONAL THERAPY MONTH!</b></p>	<p><b>1</b></p> <p>9:45 Calendar Delivery (2F, 1F) 10:30 News and Views (1F) 1:00 It Happened in February (1F) 2:00 Creative Arts (1F, 2F) 3:00 Tuck Cart 3:00 Music and Movement (2F) 6:00 Friendly Visits</p>	<p><b>2</b></p> <p>Ground Hog Day 9:45 Ground Hog Day Fun Facts (2F) 10:30 Hole in One (1F) 1:00 Baker's Club (1F) 2:00 Ground Hog day Fun Facts (2F, 1F) 3:00 Bull's Eye Bounce (2F) 3:00 Our Back Yard (1F) 6:00 Friendly Visits</p>	<p><b>3</b></p> <p>9:45 Coffee Chats (1F) 10:30 Dice Games (2F) 1:00 EZ Art (2F) 2:00 Music and Movement (1F) 3:00 Bingo 6:00 Friendly Visits</p>
			<p><b>4</b></p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Horse Racing (1F) 2:00 Bocci Ball (2F, 1F) 3:00 Never Have I Ever Social (2F) 6:00 Friendly Visits</p>	<p><b>5</b></p> <p>9:30 Virtual Visits 10:30 Famous TV Lovers (1F) 2:00 Funny Short Stories (2F, 1F) 3:00 Ring Toss (1F) 6:00 Friendly Visits</p>	<p><b>6</b></p> <p>9:45 Bread Making (1F) 10:30 Daily Chronicles (2F) 1:00 Animals around the world (2F) 2:00 Travelling Cart "Warm Bread" (1F, 2F) 3:00 EZ Trivia (2F) 3:00 Celebrity of the month (1F) 6:00 Friendly Visits</p>	<p><b>7</b></p> <p>9:45 Lukes (2F) 10:30 Poetry Reading (2F) 1:00 Clumsy Crooks (1F) 2:00 Board Games (1F, 2F) 3:00 Manicures (1F) 3:00 YouTube Highlights (2F) 6:00 Friendly Visits</p>
<p><b>11</b></p> <p>Super Bowl Sunday 9:45 New Hope Church Niagara 10:30 Hymns sings 2:00 Superbowl Party (1F, 2F) 3:00 Spa Day (1F) 6:00 Friendly Visits</p>	<p><b>12</b></p> <p>Heart Hunt Day 9:30 Virtual Visits 10:30 Men's Club (1F) 1:00 Black History Discussion (1F) 2:00 Creative Arts "Valentines" (2F, 1F) 3:00 EZ Trivia (2F) 3:00 Fun with Nature (1F) 6:00 Friendly Visits</p>	<p><b>13</b></p> <p>Shrove Tuesday 9:45 Canadian Trivia (1F) 10:30 Hard Targets (2F) 1:00 Cornhole (2F) 2:00 Mardi Gras Party (2F, 1F) 3:00 Radio Reminiscing (1F) 3:00 Ipad Visits (2F) 6:00 Friendly Visits</p>	<p><b>14</b></p> <p>Valentines Day 9:45 Chair Soccer (2F) 10:30 Pictionary (1F) 1:00 Valentines Fun Facts (1F) 2:00 Valentines Day Party (1F, 2F) 3:00 Valentines Word Games (1F) 6:00 Friendly Visits</p>	<p><b>15</b></p> <p>9:45 Board Games (1F, 2F) 10:30 Bean Bag Toss (2F, 1F) 1:00 Doll Therapy (2F) 2:00 What am I? (1F, 2F) 3:00 Tuck Cart 6:00 Friendly Visits</p>	<p><b>16</b></p> <p>9:45 Ball Toss (2F) 10:30 Yahtzee (1F) 1:00 Daily Chronicles (1F) 2:00 Birthday Party/Entertainment "Big Dave" (1F, 2F) 3:00 Funny Animal Video's (2F) 3:00 Manicures (1F) 6:00 Friendly Visits</p>	<p><b>17</b></p> <p>9:45 Baker's Club (1F) 10:30 Ipad Visits (2F) 1:00 Wheel of Fortune (1F) 2:00 Bowling (2F, 1F) 3:00 Bingo 6:00 Friendly Visits</p>
<p><b>18</b></p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Bocci Ball (2F) 2:00 Who Wants to be a Millionaire (1F, 2F) 3:00 Carnival Games (1F, 2F) 6:00 Friendly Visits</p>	<p><b>19</b></p> <p>9:30 Virtual Visits 10:45 Card Games (1F) 2:00 Resident/food council 3:00 Music and Memories (1F) 6:00 Friendly Visits</p>	<p><b>20</b></p> <p>Love Your Pet Day 9:45 Bread Making (1F) 10:30 Reminiscing "Pets" (2F) 1:00 Dominos (1F) 2:00 Travelling Cart "Warm Bread" (2F, 1F) 3:00 Bull's Eye Bounce (1F) 3:00 Montessori Activities (2F) 6:00 Friendly Visits</p>	<p><b>21</b></p> <p>9:45 Noodle Ball (2F) 10:30 Riddle me This (1F) 1:00 Table Bowling (2F) 2:00 Board Games (2F, 1F) 3:00 Hand Massages (2F) 3:00 Remember When (1F) 6:00 Friendly Visits</p>	<p><b>22</b></p> <p>9:45 Ipad Games (2F) 10:30 Horseshoes (1F) 1:00 spiritual readings (1F) 2:00 Minute to Win It (2F, 1F) 3:00 Tuck Cart 3:00 Animal Facts (1F) 6:00 Friendly Visits</p>	<p><b>23</b></p> <p>9:45 Walk With Me (1F, 2F) 1:00 DIY Scented Clay (1F) 2:00 No Bake Fudge (2F) 3:00 Twister Toss (2F) 3:00 You be the Judge (1F) 6:00 Friendly Visits</p>	<p><b>24</b></p> <p>9:45 Not Quite Jeopardy (1F) 10:30 Water Painting (2F) 2:00 Music and Memories (1F, 2F) 3:00 Card Bingo (1F, 2F) 6:00 Friendly Visits</p>
<p><b>25</b></p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 2:00 Travelling Cart "Hot Apple Cider" (1F, 2F) 3:00 Music Matching Game (1F) 6:00 Friendly Visits</p>	<p><b>26</b></p> <p>9:30 Virtual Visits 10:30 Air Hockey (1F) 1:00 Never Have I Ever (1F) 2:00 Bowling Alley (2F, 1F) 3:00 Montessori Activities (2F) 3:00 Card Games (1F) 6:00 Friendly Visits</p>	<p><b>27</b></p> <p>International Polar Bear Day 9:45 Daily Chronicles (1F) 10:30 Polar Bears in the Wild (2F) 1:00 Polar Bear Jeopardy (1F) 2:00 Penny Ante (2F) 3:00 Obstacle Course (1F, 2F) 6:00 Friendly Visits</p>	<p><b>28</b></p> <p>9:45 Guinness World Records (2F) 10:30 Scategories (1F) 1:00 Lukes (2F) 2:00 Board Games (1F, 2F) 3:00 Funny Animal Video's (2F) 3:00 Twister Toss (1F) 6:00 Friendly Visits</p>	<p><b>29</b></p> <p>Leap Year 1:00 Leap Year puzzles (2F) 2:00 Leap Year Fun Facts (2F, 1F) 3:00 Tuck Cart 6:00 Friendly Visits</p>		<p><b>Home Areas Legend</b></p> <p>First Floor (1F) Second Floor (2F) Shared</p>