

March 2024

West Park Health Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						<p>9:45 Calendar Delivery 1</p> <p>10:30 Lukes (2F)</p> <p>1:00 Creative Coloring (2F)</p> <p>2:00 St. Patrick's Day Decorating (2F, 1F)</p> <p>2:00 Trivia (1F)</p> <p>3:00 Bull's Eye Bounce (1F)</p> <p>6:00 Friendly Visits</p>	<p>Dr. Seuss Cat in the Hat Day 2</p> <p>9:30 Coffee Chats (1F)</p> <p>10:30 Ipad Visits (2F)</p> <p>1:00 Cornhole (1F)</p> <p>2:00 Card Games (2F, 1F)</p> <p>2:00 Dice Games (2F, 1F)</p> <p>3:00 Bingo</p> <p>6:00 Friendly Visits</p>
<p>Pet's Week 3</p> <p>9:45 New Hope Church Niagara</p> <p>10:30 Hymns sings</p> <p>1:00 Perennial Ornaments (1F)</p> <p>2:00 Baker's Club (2F)</p> <p>2:00 Music in Movies (2F)</p> <p>3:00 Travelling Cart (1F, 2F)</p> <p>6:00 Friendly Visits</p>	<p>4</p> <p>9:30 Virtual Visits</p> <p>10:30 Hangman (1F)</p> <p>1:00 Music and Meditation (2F)</p> <p>2:00 Hole in One (2F, 1F)</p> <p>3:00 Ipad Games (1F)</p> <p>3:00 Humour Therapy (2F)</p> <p>6:00 Friendly Visits</p>	<p>5</p> <p>9:45 Card Games (1F)</p> <p>10:30 Daily Chronicles (2F)</p> <p>1:00 Black jack (2F, 1F)</p> <p>2:00 Mini Putt (1F, 2F)</p> <p>3:00 Creative Coloring (1F)</p> <p>3:00 Gardening/Watering (2F, 1F)</p> <p>6:00 Friendly Visits</p>	<p>6</p> <p>9:45 Water Painting (2F)</p> <p>10:30 Word Scramble (1F)</p> <p>12:00 Lunch club (1F)</p> <p>1:00 Celebrity of the month (1F)</p> <p>2:00 Board Games (2F, 1F)</p> <p>3:00 Spiritual Readings (2F)</p> <p>3:00 EZ Trivia (2F)</p> <p>6:00 Friendly Visits</p>	<p>7</p> <p>Mad for Plaid Day</p> <p>9:45 Coffee and Chats (1F)</p> <p>10:30 Noodle Ball (2F)</p> <p>1:00 Manicures (1F)</p> <p>2:00 Who Am I? (2F, 1F)</p> <p>3:00 Tuck Cart</p> <p>6:00 Friendly Visits</p>	<p>8</p> <p>International Women's Day</p> <p>9:45 Famous Females (1F)</p> <p>10:45 Music and Memories - Female Vocalists (2F)</p> <p>1:00 Daily Chronicles (1F)</p> <p>2:00 Bocci Ball (2F, 1F)</p> <p>2:00 Lukes (2F)</p> <p>3:00 The Price is Right (1F)</p> <p>6:00 Friendly Visits</p>	<p>9</p> <p>9:45 Baker's Club "Fudge" (1F)</p> <p>10:30 Money Ball (2F)</p> <p>1:00 March Madness Trivia in Jeopardy (1F)</p> <p>2:00 Fun and Fitness (1F, 2F)</p> <p>2:00 DROM (2F, 1F)</p> <p>3:00 Bingo</p> <p>6:00 Friendly Visits</p>	
<p>Daylight Savings 10</p> <p>9:45 New Hope Church Niagara</p> <p>10:30 Hymns sings</p> <p>1:00 Horse Race Dice Game (1F)</p> <p>2:00 YouTube Concerts (2F, 1F)</p> <p>2:00 Wii Bowling (2F, 1F)</p> <p>3:00 Junk Drawer Detective (2F)</p> <p>3:00 Creative Arts (1F)</p> <p>6:00 Friendly Visits</p>	<p>11</p> <p>9:30 Virtual Visits</p> <p>10:30 Pictionary (1F)</p> <p>1:00 Chase away the Ace (1F)</p> <p>2:00 Minute to Win It (1F, 2F)</p> <p>3:00 Family feud (1F)</p> <p>3:00 Black jack (1F)</p> <p>6:00 Friendly Visits</p>	<p>12</p> <p>9:30 Daily Chronicles (2F)</p> <p>10:30 Brush to Canvas (1F)</p> <p>1:00 Penny Anti (1F)</p> <p>2:00 Family feud (2F)</p> <p>3:00 Lawn Bowling (2F)</p> <p>6:00 Friendly Visits</p>	<p>13</p> <p>9:30 Riddles (1F)</p> <p>10:30 Young Guns (2F)</p> <p>1:00 News and Views (1F)</p> <p>2:00 Birthday Party/Entertainment "Bonnie James" (2F, 1F)</p> <p>3:00 Ipad Games (2F, 1F)</p> <p>3:00 Hand massage (2F)</p> <p>6:00 Friendly Visits</p>	<p>14</p> <p>9:45 Montessori Games (2F)</p> <p>10:30 Irish Bread Making (1F)</p> <p>1:00 Luck of the Irish Ring Toss (1F)</p> <p>2:00 Music and Memories (2F, 1F)</p> <p>2:00 Lukes (1F)</p> <p>3:00 Tuck Cart</p> <p>3:00 Travel to Ireland (2F, 1F)</p> <p>6:00 Friendly Visits</p>	<p>15</p> <p>9:30 Who, What, Where (1F)</p> <p>10:30 Famous Irish People (2F)</p> <p>1:00 Gold Coin Toss (1F)</p> <p>2:00 Humane Society Visits (2F, 1F)</p> <p>2:00 Animal Facts (1F)</p> <p>3:00 Shamrock Shenanigans Game (2F)</p> <p>3:00 Farkle (1F)</p> <p>6:00 Friendly Visits</p>	<p>16</p> <p>9:30 The Great Potatoe Famine (1F)</p> <p>10:30 Ancestor Appreciation (2F, 1F)</p> <p>1:00 Helping Hands (2F)</p> <p>2:00 Hallway Bowling (1F)</p> <p>3:00 Bingo</p> <p>6:00 Friendly Visits</p>	
<p>St. Patrick's Day 17</p> <p>9:45 New Hope Church Niagara</p> <p>10:30 Hymns sings</p> <p>12:00 Lunch Club (1F)</p> <p>1:00 Pot of Gold Dice Game (2F)</p> <p>2:00 St. Patrick's Day Social (2F, 1F)</p> <p>3:00 Bull's Eye Bounce (1F, 2F)</p> <p>6:00 Friendly Visits</p>	<p>18</p> <p>9:30 Virtual Visits</p> <p>10:30 Creative Arts "Cutout Flowers" (1F)</p> <p>1:00 Humour Therapy (2F)</p> <p>2:00 Resident/food council</p> <p>2:00 Spa Day (1F, 2F)</p> <p>3:00 Bull's Eye Bounce (2F)</p> <p>3:00 Pictionary (1F)</p> <p>6:00 Friendly Visits</p>	<p>19</p> <p>9:45 Bread Making (2F, 1F)</p> <p>10:30 Daily Chronicles (2F)</p> <p>1:00 Lukes (1F)</p> <p>2:00 Travelling Cart "Warm Bread" (1F, 2F)</p> <p>2:00 Dominos (1F)</p> <p>3:00 Scategories (1F)</p> <p>6:00 Friendly Visits</p>	<p>20</p> <p>First Day of Spring!</p> <p>9:45 Coffee/Tea Chats (2F)</p> <p>10:30 All things Spring! (1F)</p> <p>1:00 Gardening/Watering (2F, 1F)</p> <p>2:00 Board Games (1F, 2F)</p> <p>3:00 Spring Word Games (1F)</p> <p>6:00 Friendly Visits</p>	<p>21</p> <p>9:45 Word Search Puzzles (1F)</p> <p>10:30 Table Bowling (2F)</p> <p>1:00 Astronomy (2F, 1F)</p> <p>2:00 Wii Bowling Tournament (2F, 1F)</p> <p>3:00 Tuck Cart</p> <p>6:00 Friendly Visits</p>	<p>22</p> <p>9:45 Conversation Catch (2F)</p> <p>10:30 Cornhole (1F)</p> <p>1:00 Bean Bag Toss (2F, 1F)</p> <p>2:00 Spring Slushie Social (2F, 1F)</p> <p>3:00 who wants to be a millionaire (1F)</p> <p>6:00 Friendly Visits</p>	<p>23</p> <p>Earth Hour</p> <p>9:45 Dice Games (1F)</p> <p>10:30 Project Bird Feeder (2F)</p> <p>1:00 DROM (2F)</p> <p>2:00 Knitting/Crochet Club (1F)</p> <p>2:00 Baker's Club - Peanut Butter Cookies (1F, 2F)</p> <p>3:00 Bingo</p> <p>6:00 Friendly Visits</p>	
<p>24</p> <p>9:45 New Hope Church Niagara</p> <p>10:30 Hymns sings</p> <p>1:00 Easter Poems, Music and Reflection (1F)</p> <p>2:00 Travelling Cart "Ice Cream Sundae's" (1F, 2F)</p> <p>3:00 Montessori Activities (2F)</p> <p>3:00 Word Games (1F)</p> <p>6:00 Friendly Visits</p>	<p>25</p> <p>Easter Egg word Hunt Begins</p> <p>9:30 Virtual Visits</p> <p>10:30 Lukes (2F)</p> <p>2:00 Egg decorating (1F, 2F)</p> <p>3:00 Easter Egg Word Hunt Winners! (2F, 1F)</p> <p>3:00 A History of Whiskey (1F)</p> <p>6:00 Friendly Visits</p>	<p>26</p> <p>9:45 Baker's Club (1F, 2F)</p> <p>10:30 Card Games (2F)</p> <p>1:00 Wheel of Fortune (1F)</p> <p>2:00 Creative Arts (1F)</p> <p>3:00 Cornhole (2F)</p> <p>3:00 Bocci Ball (2F, 1F)</p> <p>6:00 Friendly Visits</p>	<p>27</p> <p>9:30 Hangman (1F)</p> <p>10:30 Music and Memories (1F, 2F)</p> <p>1:00 Brush to Canvas (2F, 1F)</p> <p>2:00 Board Games (2F, 1F)</p> <p>3:00 Inspiring stories (1F)</p> <p>3:00 Odd News (1F)</p> <p>6:00 Friendly Visits</p>	<p>28</p> <p>9:45 Spiritual reading and music (2F)</p> <p>10:30 Easter Colouring Contest (2F, 1F)</p> <p>1:00 Baker's Club (1F)</p> <p>2:00 Easter Word Games (1F, 2F)</p> <p>3:00 Tuck Cart</p> <p>3:00 Easter Egg Hunt and Toss (1F, 2F)</p> <p>6:00 Friendly Visits</p>	<p>29</p> <p>9:30 Name 10 (1F)</p> <p>10:30 Yahtzee (2F)</p> <p>1:00 Design your own Easter Egg (2F)</p> <p>2:00 New Resident Welcome Social (2F, 1F)</p> <p>2:00 Strolls (1F, 2F)</p> <p>3:00 Hard Targets (1F)</p> <p>6:00 Friendly Visits</p>	<p>30</p> <p>9:30 Snakes and Ladders (1F)</p> <p>10:30 Coffee Chats (2F)</p> <p>1:00 DIY Stress Balls (1F)</p> <p>2:00 Mini putt (2F)</p> <p>3:00 Bingo</p> <p>6:00 Friendly Visits</p>	
<p>31</p> <p>9:45 New Hope Church Niagara</p> <p>10:30 Hymns sings</p> <p>1:00 Whiteboard Memory Match (2F)</p> <p>2:00 Croquet (2F)</p> <p>2:00 Bocci Ball (1F)</p> <p>3:00 Spa Cart (1F, 2F)</p> <p>6:00 Friendly Visits</p>	<p>103 Pelham Road, St. Catharines, ON, L2S 1S9</p>						

