











May 2024

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p>103 Pelham Road, St. Catharines, ON, L2S 1S9</p>			<p>May Day 1</p> <p>9:45 Calendar Delivery 10:30 Word Games (1F) 1:00 All about May (1F, 2F) 3:00 May Day around the world (1F) 3:00 Black jack (1F, 2F) 6:00 Friendly Visits</p>	<p>2</p> <p>9:45 Creative Coloring (1F) 10:30 Funny Animal Video's (2F) 1:00 EZ Trivia (1F) 2:00 Board Games (2F, 1F) 3:00 Tuck Cart 3:00 Strolls (2F, 1F) 6:00 Friendly Visits</p>	<p>3</p> <p>9:45 Lukes (1F) 10:30 May trivia (2F) 1:00 Glide around the Globe (2F) 2:00 Card Games (1F) 3:00 strolls (2F) 6:00 Friendly Visits</p>	<p>4</p> <p>Kentucky Derby 9:45 Not Quite Jeopardy (1F) 10:30 Horse Racing (2F) 1:00 Creative Arts - Kentucky Derby Hats (1F) 2:00 Knitting/Crochet Club (1F) 3:00 Bingo 6:00 Friendly Visits</p>			
			<p>5</p> <p>Cinco De Mayo 9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Latino Music and Memories (1F) 2:00 Cinco De Mayo Social (2F, 1F) 3:00 Spa Day (1F) 3:00 Who Wants to Be a Millionaire board game (2F) 6:00 Friendly Visits</p>	<p>6</p> <p>National Nursing Week 9:30 Virtual Visits 10:30 Black jack (2F, 1F) 1:00 Montessori (2F) 2:00 Patio Games (1F, 2F) 3:00 Montessori Activities (2F) 3:00 Spa day (2F) 6:00 Friendly Visits</p> 	<p>7</p> <p>9:45 Bull's Eye Bounce (1F, 2F) 10:30 Strolls (1F, 2F) 1:00 Wheel of Fortune (1F) 2:00 Lawn Darts (1F) 3:00 News and Views (1F) 3:00 DIY Bird Houses (2F) 6:00 Friendly Visits</p>	<p>8</p> <p>9:45 Who, What, Where (2F, 1F) 10:30 Card Games (1F) 1:00 Word Search Puzzles (1F) 2:00 Bowling Alley (2F, 1F) 3:00 Luke's Tournament (2F, 1F) 3:00 Patio Chats (1F) 6:00 Friendly Visits</p>	<p>9</p> <p>9:45 Short Story - A Friendship to Remember (2F) 10:30 Coffee and Tea Chats (1F) 1:00 Hangman (1F) 2:00 Board Games (1F, 2F) 3:00 Tuck Cart 3:00 Walking Program (2F, 1F) 6:00 Friendly Visits</p>	<p>10</p> <p>9:45 Dice Games (1F) 10:30 Young Guns (1F) 1:00 Who Am I? (1F) 2:00 Outdoor Strolls (1F, 2F) 3:00 Creative Coloring (2F, 1F) 6:00 Friendly Visits</p>	<p>11</p> <p>9:45 Animals around the world (2F) 10:30 Gardening/Watering (2F, 1F) 1:00 Trains Trains Trains (2F) 2:00 Bean Bag Toss (1F, 2F) 3:00 Bingo (2F, 1F) 6:00 Friendly Visits</p>
			<p>12</p> <p>Mother's Day 9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Garden Meditation (2F, 1F) 2:00 Mother's Day High Tea (1F, 2F) 3:00 Mother's Day Trivia (1F) 3:00 Bocci Ball (2F, 1F) 6:00 Friendly Visits</p>	<p>13</p> <p>9:30 Virtual Visits 10:30 Bull's Eye Bounce (1F) 1:00 Ipad Games (1F, 2F) 2:00 Hallway Bowling (2F, 1F) 3:00 Hard Targets (1F) 3:00 Montessori Activities (2F) 6:00 Friendly Visits</p>	<p>14</p> <p>9:45 Bread Making (1F) 10:30 Noodle Ball (2F) 1:00 1:1 visits (1F, 2F) 2:00 Travelling Cart "Warm Bread" (1F, 2F) 3:00 Patio Chats (1F) 3:00 Strolls (1F, 2F) 6:00 Friendly Visits</p>	<p>15</p> <p>9:45 Horse Racing (2F) 10:30 Tic Tac Toe (1F) 1:00 Clumsy Crooks (2F) 2:00 Board Games (2F, 1F) 3:00 Spiritual Readings (2F) 3:00 Creative Arts (1F) 6:00 Friendly Visits</p>	<p>16</p> <p>9:45 What am I? (1F) 10:30 Daily Chronicles (2F) 1:00 Chair Yoga (1F) 2:00 Wii Bowling (1F, 2F) 3:00 Tuck Cart 6:00 Friendly Visits</p>	<p>17</p> <p>9:45 7 Decades of Singers (2F) 10:30 True or False Brain Teasers (1F) 1:00 Jive or Not (1F) 2:00 Humane Society Visits (2F, 1F) 3:00 Mini putt (2F, 1F) 3:00 Penny Toss (2F) 6:00 Friendly Visits</p> 	<p>18</p> <p>9:45 Project Bird Feeder (1F) 10:30 Star of the month (1F) 1:00 Jeopardy Trivia (1F) 2:00 Humour Therapy (2F) 3:00 Bingo 6:00 Friendly Visits</p> 
			<p>19</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Reminiscing about Mothers (1F, 2F) 2:00 Travelling Cart "Smoothies" (1F, 2F) 3:00 Uno (2F) 3:00 Black jack (1F) 6:00 Friendly Visits</p> 	<p>20</p> <p>9:30 Virtual Visits 10:30 Animal Facts (1F, 2F) 1:00 Manicures (1F) 2:00 Resident/food council 3:00 Finish the Phrase (1F) 6:00 Friendly Visits</p>	<p>21</p> <p>9:45 Funny Animal Video's (2F) 10:30 Coffee Chats (1F, 2F) 1:00 Famous Films (2F) 2:00 Sunshine Singers (1F, 2F) 3:00 Frisbee Tic-Tac-Toe (2F, 1F) 6:00 Friendly Visits</p> 	<p>22</p> <p>9:45 All about May (2F, 1F) 10:30 Young Guns (1F) 1:00 Yahtzee (2F) 2:00 Gardening Day! (1F, 2F) 3:00 Patio Games (1F, 2F) 6:00 Friendly Visits</p>	<p>23</p> <p>9:45 Music and Meditation (2F) 10:30 Paper Daffodils - Creative Arts (1F) 1:00 Riddle me this (1F) 3:00 Tuck Cart 3:00 Happy Hour (2F, 1F) 6:00 Friendly Visits (2F)</p> 	<p>24</p> <p>9:45 Bocci Ball (1F, 2F) 12:00 Lunch club (2F) 2:00 Volleyball (2F) 3:00 What am I? (1F) 3:00 Lukes (1F) 6:00 Friendly Visits</p> 	<p>25</p> <p>9:45 News and Views (1F) 10:30 Outdoor Strolls (1F, 2F) 1:00 Painting (2F) 2:00 Strawberry Campfire Cocoa (2F, 1F) 3:00 Bingo 6:00 Friendly Visits</p>
			<p>26</p> <p>9:45 New Hope Church Niagara 10:30 Hymns sings 1:00 Dice Games (1F) 2:00 Pool Noodle Painting (1F) 3:00 Lawn Darts (2F) 6:00 Friendly Visits</p>	<p>27</p> <p>9:30 Virtual Visits 10:30 Gardening/Watering (1F) 1:00 Doll Therapy (2F) 2:00 YouTube Concert (2F) 3:00 What Grows in Your Garden Reminiscing (2F, 1F) 6:00 Friendly Visits</p>	<p>28</p> <p>9:45 Bread Making (1F) 10:30 Montessori Activities (2F) 1:00 Cribbage (2F) 2:00 Travelling Cart "Warm Bread" (2F, 1F) 3:00 Money Ball (1F) 3:00 Connect 4 (2F) 6:00 Friendly Visits</p>	<p>29</p> <p>9:45 Daily Chronicles (2F) 10:30 Bull's Eye Bounce (1F, 2F) 1:00 Humour Therapy (1F) 2:00 Board Games (2F, 1F) 3:00 Poetry Readings (1F) 6:00 Friendly Visits</p>	<p>30</p> <p>9:45 Ring Toss (1F) 10:30 Gardening/Watering (2F) 1:00 Inspiring stories (1F) 2:00 Family Feud (2F, 1F) 3:00 Tuck Cart 6:00 Friendly Visits</p>	<p>31</p> <p>9:45 Name 5 (2F) 10:30 Bean Bag Toss (2F, 1F) 1:00 Charades (1F) 2:00 Birthday Party/Entertainment (2F, 1F) 6:00 Friendly Visits</p> 	<p>Home Areas Legend</p> <p>First Floor (1F) Second Floor (2F) Shared</p>