







August 2024

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
103 Pelham Road, St. Catharines, ON, L2S 1S9			<u>Home Areas Legend</u> First Floor (1F) Second Floor (2F) Shared	9:45 Calendar Delivery 1 12:00 BBQ Lunch (2F, 1F) 2:00 Not Quite Jeopardy (1F, 2F) 3:00 Tuck Cart - All Floors (2F, 1F) 3:00 Friendly Visits - All Floors (1F, 2F) 3:00 Aromatherapy (2F)	10:30 Lukes (2F) 2 1:00 Ipad Visits (1F) 2:00 EZ Trivia (1F) 	9:45 Strolls (1F, 2F) 3 10:30 Daily Chronicles (2F) 2:00 EZ Trivia (1F) 3:00 Bingo - 2nd Floor (1F, 2F) 6:00 Music and Memories (2F, 1F)
9:45 New Hope Church Niagara (1F) 4 10:30 Hymn Sing (2F) 2:00 Smoothie Social (1F, 2F) 3:00 Horseshoes (1F) 6:00 Friendly Visits - All Floors (1F, 2F)	1:00 Virtual Visits (2F, 1F) 5 2:00 Word Games (2F, 1F) 3:00 Movie Matinee (1F, 2F) 	9:45 Balloon Bash (2F, 1F) 6 10:30 Black jack (1F, 2F) 1:00 Manicures (1F, 2F) 2:00 Travelling Cart (1F, 2F) 3:00 Dominos (1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Daily Chronicles (1F, 2F) 7 10:30 Bocci Ball (2F, 1F) 1:00 Creative Arts (1F) 2:00 Bean Bag Toss (1F, 2F) 3:00 Farkle (2F, 1F) 6:00 Friendly Visits - All Floors (1F, 2F)	9:45 White Board Games (1F) 8 10:45 Funny Animal Video's (2F) 12:00 BBQ Lunch (1F, 2F) 2:00 I Spy (2F, 1F) 3:00 Tuck Cart - All Floors (2F, 1F) 3:00 Friendly Visits (2F)	1:00 Sit & Be Fit (2F, 1F) 9 2:00 Name 10 (1F) 3:00 Men's Club (2F, 1F) 6:00 Friendly Visits (2F) 	1:00 Sing-a-Long (2F) 10 2:00 Knitting/Crochet Club (1F) 2:00 Patio Chats (1F, 2F) 3:00 Bingo - 1st Floor (2F, 1F) 6:00 Friendly Visits (2F, 1F)
9:45 New Hope Church Niagara (1F) 11 10:30 Hymn Sing (2F) 1:00 Therapeutic Bath Salts (1F) 2:00 Travelling Cart "Banana Splits" (2F, 1F) 3:00 Price is Right (2F) 6:00 Friendly Visits (1F, 2F)	9:30 Virtual Visits 12 10:30 Hangman (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Weird Science (2F, 1F) 3:00 Manicures (1F) 6:00 Courtyard Strolls (2F)	9:45 Who, What, Where (1F, 2F) 13 10:30 Gardening/Watering (2F, 1F) 2:00 Strolls (2F, 1F) 3:00 Black jack (1F, 2F)	9:45 The Welland Canal (1F) 14 10:30 Daily Chronicles (2F, 1F) 2:00 Live Music W/ Bonnie James & Bday Party (2F, 1F) 3:00 Doll Therapy (1F) 6:00 Friendly Visits (2F, 1F)	9:45 Name 5 (2F) 15 10:30 Horoscope (1F, 2F) 12:00 BBQ Lunch (2F, 1F) 2:00 Bean Bag Toss (2F, 1F) 3:00 Tuck Cart - All Floors (2F, 1F) 3:00 Friendly Visits - All Floors (2F, 1F)	9:45 True or False (1F) 16 10:30 Lukes (2F) 1:00 Chair Yoga (1F, 2F) 2:00 Who am I? (1F, 2F) 3:00 Wii Bowling (2F, 1F) 6:00 Friendly Visits (2F)	9:45 Reminiscing Hour (2F, 1F) 17 10:30 Doll Therapy (2F) 2:00 Walk & Talk (2F, 1F) 3:00 Bingo - 2nd Floor (1F, 2F)
9:45 New Hope Church Niagara (1F) 18 10:30 Hymn Sing (2F) 2:00 Friendly Visits (2F, 1F) 3:00 Hard Targets (1F)	9:30 Virtual Visits 19 10:30 Chair Soccer (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Residents' Council (2F, 1F) 3:00 Yahtzee (1F)	9:45 Bread Making (1F) 20 10:30 Lukes (2F) 1:00 Manicures (1F, 2F) 2:00 Travelling Cart "Warm Bread" (2F, 1F) 3:00 Daily Chronicles (2F) 6:00 Friendly Visits (2F)	9:45 Noodle Ball (2F) 21 10:30 Hangman (1F) 1:00 Connect 4 2:00 Board Games (1F, 2F) 3:00 Trivia (1F) 6:00 Friendly Visits (2F)	9:45 Strolls (1F, 2F) 22 10:30 Word Games (1F) 12:00 BBQ Lunch (2F, 1F) 1:00 Friendly Visits - All Floors (2F, 1F) 3:00 Tuck Cart - All Floors (2F, 1F)	1:00 Move N' Groove (2F, 1F) 23 2:00 Strolls (1F, 2F) 3:00 Bull's Eye Bounce (2F, 1F) 6:00 Mantra Celebration Social (1F, 2F)	9:45 Friendly Visits - All Floors (1F, 2F) 24 10:30 Montessori Hour (2F) 2:00 Ring Toss (2F, 1F) 3:00 Bingo - 1st Floor (1F, 2F)
9:45 New Hope Church Niagara (1F) 25 10:30 Hymn Sing (2F) 2:00 Friendly Visits - All Floors (2F, 1F)	9:30 Virtual Visits 26 10:30 Celebrity of the month (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Wii Bowling (1F) 3:00 Board Games (2F, 1F) 6:00 Friendly Visits (2F, 1F)	9:45 Riddles (1F) 27 10:30 Daily Chronicles (2F) 2:00 Minute to Win It (2F, 1F) 3:00 Inspiring stories (2F)	9:45 Patio Chat (2F, 1F) 28 10:30 Black Jack (2F, 1F) 1:00 Hair Salon Appointments (1:00 - 4:00 pm) (2F, 1F) 1:00 Walk & Talk (2F, 1F) 3:00 Canadian Miracles (1F) 6:00 Friendly Visits (2F, 1F)	12:00 BBQ Lunch (1F, 2F) 29 2:00 Live Magic Show !! (1F, 2F) 29 3:00 Tuck Cart - All Floors (2F, 1F) 3:00 Friendly Visits - All Floors (2F, 1F) 	9:45 Coffee Chats (2F, 1F) 30 10:30 Doll Therapy (2F) 2:00 Bocci Ball (2F, 1F) 2:00 Friendly Visits - All Floors (1F, 2F)	9:45 Friendly Visits - All Floors (1F, 2F) 31 10:30 Animal Facts (2F, 1F) 2:00 Bean Bag Toss (2F, 1F) 3:00 Bingo - 2nd Floor (2F, 1F)