








# July 2024

## West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Home Areas Legend</b> First Floor (1F) Second Floor (2F) Shared	9:30 Virtual Visits <b>9:45 Calendar Delivery</b> 10:30 Famous Canadians (2F, 1F) <b>2:00 Canada Day Travelling Cart (1F, 2F)</b> 3:00 Friendly Visits - All Floors (2F, 1F) 	9:45 Coffee Chats (1F, 2F) 10:30 Riddles (1F) 1:00 Creative Colouring (1F, 2F) 2:00 Mini Putt (2F, 1F) 3:00 Strolls (2F, 1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 EZ Trivia (1F) 10:30 Hangman (2F, 1F) 1:00 Cribbage (2F) <b>2:00 Live Music W/ Blue Eyed Bill - All Floors (2F, 1F)</b> 3:00 Manicures (2F, 1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Lukes (1F) 10:30 What is it? Five Clues... (2F) <b>12:00 BBQ Lunch (2F, 1F)</b> 2:00 Firework Craft (1F) 2:00 Music and Memories (2F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Friendly Visits - All Floors (2F, 1F)	9:45 Bull's Eye Bounce (2F, 1F) 10:30 Strolls (1F, 2F) 1:00 Astrology (2F, 1F) 2:00 Trivia (1F, 2F) <b>3:00 Wii Bowling Tournament (1F, 2F)</b> 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Lukes (1F) 10:30 Black jack (1F, 2F) 1:00 Board Games (2F, 1F) 2:00 Young Guns (2F) <b>3:00 Bingo - 2nd Floor (2F)</b> 6:00 Friendly Visits - All Floors (2F, 1F)	
9:45 New Hope Church Niagara (1F) 10:30 Hymns sings (2F) 1:00 Coin Toss Challenge (1F) <b>2:00 Music &amp; Mocktails Social (2F, 1F)</b> 3:00 Dominos (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:30 Virtual Visits 10:30 Hand Massages (1F) 1:00 Discovering Paris Dice Game (1F) 2:00 Patio Chats (1F, 2F) 3:00 Junk Drawer Detective (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Bread Making (1F) 10:30 Noodle Ball (2F) 1:00 Meteor Showers (1F) <b>2:00 Travelling Cart "Warm Bread" (1F, 2F)</b> 3:00 Patio Chats (1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Bull's Eye Bounce (2F) 10:30 What am I? (1F) 1:00 Hand Massages (1F) 2:00 Board Games (2F, 1F) 3:00 Poetry Reading (1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 White Board Games (1F) 10:30 Montessori Hour (2F) <b>12:00 BBQ Lunch (2F, 1F)</b> 2:00 Weird Science (2F, 1F) 2:00 Animal Facts (2F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Friendly Visits - All Floors (1F, 2F)	9:45 This or That (1F) 10:30 Balloon Volleyball (2F) 1:00 Manicures (2F) 2:00 Wild Edibles (2F) <b>3:00 Wii Bowling Tournament (1F, 2F)</b> 6:00 Friendly Visits - All Floors (2F, 1F) 	9:45 Creative Colouring (1F) 10:30 Lukes (2F) 1:00 "21" Card Game (2F) 2:00 Zig Zag Bracelets (2F) <b>3:00 Bingo - 1st Floor (1F)</b> 6:00 Friendly Visits - All Floors (2F, 1F)	
9:45 New Hope Church Niagara (1F) 10:30 Hymns sings (2F) 1:00 Short Stories (2F) <b>2:00 Ice Cream Social (1F, 2F)</b> 3:00 Ipad Visits (1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:30 Virtual Visits 10:30 EZ Trivia (2F) 1:00 Hangman (1F) 2:00 Strolls (1F, 2F) 3:00 Chair Yoga (1F) 3:00 Move & Groove (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Daily Chronicles (1F) 10:30 Black jack (2F, 1F) 1:00 Manicures (2F, 1F) <b>2:00 Hallway Bowling (2F, 1F)</b> 3:00 Jokes and Riddles (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Hangman (1F) 10:30 Men's Club (2F, 1F) 1:00 Water Painting (2F) 2:00 Balloon Volleyball (1F) 3:00 Bull's Eye Bounce (1F) 3:00 Bean Bag Toss (2F, 1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Music and Memories (1F) 10:30 Busy Hands (2F) <b>12:00 BBQ Lunch (1F, 2F)</b> 2:00 Name 5 (2F) 2:00 Finish the Phrase (1F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Friendly Visits - All Floors (2F, 1F)	9:45 Name 10 (1F) 10:30 Gardening/Watering (1F, 2F) 1:00 Ipad Visits (2F) <b>2:00 Live Music W/ Big Dave &amp; Bday Party - All Floors (1F, 2F)</b> <b>3:00 Wii Bowling Tournament (1F, 2F)</b> 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Strolls (1F, 2F) 10:30 Deal or No Deal (1F) 1:00 Olympic Medals (1F, 2F) 2:00 Board Games (1F, 2F) <b>3:00 Bingo - 2nd Floor (2F)</b> <b>6:00 Movie Night W/ Popcorn (2F, 1F)</b> 	
9:45 New Hope Church Niagara (1F) 10:30 Hymns sings (2F) 1:00 Board Games (1F) <b>2:00 Smoothie Social (1F, 2F)</b> 3:00 News and Views (2F) 6:00 Friendly Visits - All Floors (2F, 1F) 	9:30 Virtual Visits 10:30 Chair Soccer (1F) 1:00 Wheel of Fortune Word Game (1F) 2:00 Patio Chats (2F, 1F) <b>2:00 Residents' Council (2F, 1F)</b> 3:00 Hand Massages (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Brain Teasers (2F, 1F) 10:30 Word Search Puzzles (2F) 1:00 Calm Colouring (1F) 2:00 Bocci Ball (2F, 1F) 3:00 Manicures (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Daily Chronicles (2F) <b>10:00 Balloon Art Therapy (2F, 1F)</b> 1:00 Funny Videos (2F) 2:00 Strolls (1F, 2F) 3:00 Poetry Reading (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Patio Chats (1F) 10:30 Sorting & Folding (2F) <b>12:00 BBQ Lunch (1F, 2F)</b> 2:00 Ring Toss (2F, 1F) 2:00 Aromatherapy (2F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Friendly Visits - All Floors (2F, 1F)	Summer Olympics Begin 9:45 Helping Hands (2F) 10:30 Seated Stretching (1F) 1:00 Audio Animal Quiz (2F) <b>2:00 Humane Society Visits (2F, 1F)</b> <b>3:00 Wii Bowling Tournament (1F, 2F)</b> 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Morning Mantras (1F, 2F) 10:30 Doll Therapy (2F) 1:00 Summer Riddles (1F) 2:00 Spiritual Music (2F) <b>3:00 Bingo - 1st Floor (1F)</b> 6:00 Friendly Visits - All Floors (2F, 1F)	
9:45 New Hope Church Niagara (1F) 10:30 Hymns sings (2F) 1:00 Missing Word Game (1F) <b>2:00 Bocci Ball Tournament (2F, 1F)</b> 3:00 Wacky Weather Video's (1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:30 Virtual Visits 10:30 Lukes (2F) 1:00 Paper Flowers (1F) 2:00 Wii Bowling (2F, 1F) 3:00 EZ Trivia (2F) 3:00 Sundaes (2F, 1F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Hard Targets (1F) 10:30 Who, What, Where (2F, 1F) 1:00 Creative Arts (1F) 2:00 Olympic Games (1F, 2F) 3:00 Multiple Choice Music Quiz (2F) 6:00 Friendly Visits - All Floors (2F, 1F)	9:45 Chair Yoga (1F) 10:30 Sing Along (2F) <b>1:00 Hair Salon Appointments (1:00 - 4:00 pm) (2F, 1F)</b> 2:00 Board Games (2F, 1F) 3:00 Ripley's Believe it Or Not (1F) 6:00 Friendly Visits - All Floors (2F, 1F)				<h1>103 Pelham Road, St. Catharines, ON, L2S 1S9</h1>