





September 2024

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Calendar Delivery 1 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Fall Baking Reminisce (1F, 2F) 3:00 Celebrity Of The Month (1F) 6:00 Board Games (2F, 1F)	9:30 Virtual Visits (2F) 2 10:30 BlurT (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Hallway Bowling (2F, 1F) 3:00 Back to School Trivia (1F) 6:00 Name Five (2F)	9:45 Bocci Ball (2F, 1F) 3 10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Minute to Win It (2F, 1F) 3:00 EZ Trivia (1F) 6:00 Deal or No Deal (1F)	1:00 Friendly Visits - All Floors (2F, 1F) 4 2:00 Bull's Eye Bounce (2F, 1F) 3:00 Farkle (1F) 3:00 Card Games (2F) 6:00 Live Country Band & Social (1F, 2F) 	9:45 Odd News Stories (1F) 5 10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Strolls (1F, 2F) 3:00 Tuck Cart - All Floors (2F, 1F) 3:00 Music and Memories (2F) 6:00 Movie Matinee/Night (2F)	9:45 Animals Around The World (2F) 6 10:30 Sing-a-Long (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 White Board Games (1F) 3:00 Doll therapy (1F, 2F) 6:00 Music and Memories (2F, 1F)	9:45 Guess the Capital (1F) 7 10:30 Lukes (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Men's Club (2F, 1F) 3:00 Bingo - 1st Floor (1F) 6:00 One Hit, That's It! (1F)
9:45 New Hope Church Niagara (1F) 8 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Grandparents Day Social (2F, 1F) 3:00 Spa Treatment (1F, 2F) 6:00 Prayers Reflection (2F)	9:30 Virtual Visits 9 10:30 Hangman (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Weird Science (1F) 3:00 Bocci Ball (2F, 1F) 6:00 Board Games (1F, 2F)	9:45 Uno (1F) 10 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Fall Colouring (1F) 3:00 Montessori Hour (2F) 6:00 Skincare (1F, 2F)	9:45 Doll Therapy (2F) 11 10:30 Riddle Me This (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Fall Cooking Reminiscing (2F) 3:00 Farkle (1F) 6:00 Walk With Me (2F, 1F)	9:45 Wheel of Fortune (1F) 12 10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Travel to England (2F, 1F) 3:00 Tuck Cart - All Floors (2F, 1F) 3:00 Upside Down Picture Quiz (2F) 6:00 Funny Videos (1F, 2F)	9:45 Board Games (2F) 13 10:30 Mini Putt (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 People's Top Five (2F) 3:00 Fall Poems (1F) 6:00 Crafting Hour (2F, 1F)	9:45 Poker (1F) 14 10:30 Matching Games (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Men's Club (2F, 1F) 3:00 Bingo - 2nd Floor (1F) 6:00 Walk & Talk (2F, 1F)
9:45 New Hope Church Niagara (1F) 15 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Apple Cider Social (2F, 1F) 3:00 Wii Bowling (1F) 6:00 Walk With Me (2F)	9:30 Virtual Visits 16 10:30 World History (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 BlurT: Word Game (2F) 3:00 Johnny Appleseed Trivia and Quiz (2F, 1F) 6:00 Bean Bag Toss (1F, 2F)	9:45 Finish the Phrase (2F) 17 10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Spa Treatment (1F, 2F) 3:00 Lawn Darts (1F, 2F) 6:00 Mindful Meditation (1F, 2F)	9:45 Continents of The World (2F) 18 10:30 Ring Toss (2F, 1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Live Music W/ Bonnie James & Bday Party (1F, 2F) 3:00 Ipad Visits (2F, 1F) 6:00 Hand Massages (1F, 2F)	9:45 Give me the Synonym (1F) 19 10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Montessori Activities (2F, 1F) 3:00 Grape & Wine Elections (1F, 2F) 3:00 Tuck Cart - All Floors (2F, 1F) 6:00 Doll Therapy (1F, 2F)	9:45 Grape & Wine Colouring (1F, 2F) 20 10:30 Short Stories (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Grape and Wine Social (2F, 1F) 3:00 Ipad Laughs (2F) 6:00 Walk With Me (2F, 1F)	9:45 Strolls (2F) 21 10:30 Fall Scents Reminiscing (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Balloon Toss (2F) 3:00 Bingo - 1st Floor (1F) 6:00 Folding/Sorting (2F)
9:45 New Hope Church Niagara (1F) 22 10:30 Hymn Sing (2F) 1:00 Bocci Ball (1F, 2F) 2:00 German Themed Craft (2F, 1F) 3:00 First Day Of Fall: Trivia (1F, 2F) 6:00 Friendly Visits (2F, 1F)	9:30 Virtual Visits 23 10:30 Hand Massages (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Residents' Council (2F, 1F) 3:00 Daily Chronicles (1F) 6:00 Weird Nature (1F, 2F)	9:45 Crossword Puzzles (1F) 24 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Sunshine Singers (2F, 1F) 3:00 Wii Bowling (2F) 6:00 Pictionary (1F)	9:45 Morning Mantras (1F) 25 10:30 Funny Animal Video's (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Board Games (2F) 3:00 Calm Colouring (1F) 6:00 Walk With Me (2F, 1F)	9:45 Music and Memories (2F) 26 10:30 Yahtzee (1F) 10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Finish That Saying (1F, 2F) 3:00 Tuck Cart - All Floors (2F, 1F) 6:00 Ipad Visits (1F, 2F)	9:45 Manicures (2F, 1F) 27 10:30 Folding/Sorting (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Humane Society Visits (1F, 2F) 3:00 Connect 4 (1F) 6:00 Fall Movie Night (1F, 2F)	9:45 Horoscopes (1F) 28 10:30 Noodle Whack (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Montessori Hour (2F) 3:00 Bingo - 2nd Floor (1F) 6:00 Mindful Meditation (1F, 2F)
9:45 New Hope Church Niagara (1F) 29 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Bean Bag Toss (1F, 2F) 3:00 Who Wants To Be A Millionaire (1F) 6:00 EZ Trivia (2F)	9:30 Virtual Visits 30 10:30 Bread Making (2F, 1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 National Truth and Reconciliation Day (1F, 2F) 3:00 Warm Bread Travelling Cart (1F, 2F) 6:00 Walk With Me (2F, 1F)	Home Areas Legend First Floor (1F) Second Floor (2F) Shared			103 Pelham Road, St. Catharines, ON, L2S 1S9	