



October 2024

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>103 Pelham Road, St. Catharines, ON, L2S 1S9</p>		<p>9:45 Calendar Delivery 1</p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Hallway Bowling (2F, 1F)</p> <p>3:00 Black Jack (1F, 2F)</p> <p>3:00 EZ Trivia (2F, 1F)</p> <p>6:00 Board Games (2F, 1F)</p>	<p>9:45 Great Lakes Wrecks (1F) 2</p> <p>10:30 Bean Bag Toss (2F, 1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Name 10 (1F, 2F)</p> <p>3:00 Dominos (1F)</p> <p>3:00 Music and Memories (1F)</p> <p>6:00 20 Questions (2F)</p>	<p>9:45 Coffee Chats (1F) 3</p> <p>10:30 Seated Stretching (1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Bocci Ball (2F, 1F)</p> <p>3:00 Tuck Cart - All Floors (2F, 1F)</p> <p>3:00 Hangman (1F)</p> <p>6:00 Movie Matinee & Popcorn (2F, 1F)</p>	<p>9:45 Manicures (2F, 1F) 4</p> <p>10:30 Mini Putt (1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 On This Day (1F, 2F)</p> <p>3:00 Celebrity of The Month (1F)</p> <p>3:00 Daily Chronicles (1F)</p> <p>6:00 Card Games (2F, 1F)</p>	<p>9:45 Astrology (2F, 1F) 5</p> <p>10:30 Lukes (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Farkle (1F)</p> <p>3:00 Bingo - 1st Floor (1F)</p> <p>6:00 Poems of Gratitude (1F, 2F)</p>	
	<p>9:45 New Hope Church Niagara (1F) 6</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Bocci Ball (1F, 2F)</p> <p>3:00 Creative Colouring (2F)</p> <p>6:00 World Quiz (2F, 1F)</p>	<p>9:30 Virtual Visits 7</p> <p>10:30 Lukes (1F, 2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Paint to Canvas (1F, 2F)</p> <p>3:00 Horseshoes (1F)</p> <p>6:00 Walk With Me (2F, 1F)</p>	<p>9:45 Card Games (1F, 2F) 8</p> <p>10:30 Chair Yoga (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Baker's Club (2F, 1F)</p> <p>3:00 Daily Chronicles (1F, 2F)</p> <p>6:00 Movie Night (1F, 2F)</p>	<p>9:45 Wild Ontario (2F, 1F) 9</p> <p>10:30 Bull's Eye Bounce (2F, 1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Board Games (2F, 1F)</p> <p>3:00 EZ Trivia (1F)</p> <p>3:00 Spooky Stories (2F)</p> <p>6:00 Fall Crafting Hour (1F, 2F)</p>	<p>9:45 Chair Yoga (1F) 10</p> <p>10:30 Music and Memories (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Oktoberfest Social (2F, 1F)</p> <p>3:00 Tuck Cart - All Floors (2F, 1F)</p> <p>3:00 Historic Inventions (2F)</p> <p>6:00 Walk with Me (2F)</p>	<p>9:45 Word Games (1F) 11</p> <p>10:30 Lukes (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Birthday Party & Live Music W/ Big Dave (2F, 1F)</p> <p>3:00 Thanksgiving Crafts (1F, 2F)</p> <p>6:00 Hand Massage (2F, 1F)</p>	<p>9:45 James Webb Telescope (1F) 12</p> <p>10:30 Black Jack (2F, 1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Bocci Ball (1F, 2F)</p> <p>3:00 Bingo - 2nd Floor (1F)</p> <p>6:00 Walk & Talk (1F, 2F)</p>
	<p>9:45 New Hope Church Niagara (1F) 13</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Who Am I? (2F, 1F)</p> <p>3:00 Puzzle Hour (1F)</p> <p>6:00 Doll Therapy (2F, 1F)</p>	<p>9:30 Virtual Visits 14</p> <p>10:30 Bull's Eye Bounce (2F, 1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Thanksgiving Social (1F, 2F)</p> <p>3:00 Moneyball (2F)</p> <p>6:00 Spa Treatment (2F, 1F)</p>	<p>9:45 Who, What, Where (2F, 1F) 15</p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Baker's Club (2F, 1F)</p> <p>3:00 Yahtzee (1F)</p> <p>6:00 Hangman (2F)</p>	<p>9:45 Coffee Chats (1F, 2F) 16</p> <p>10:30 Guess The Drawing (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Bocci Ball (1F, 2F)</p> <p>3:00 Montessori Activities</p> <p>6:00 Walking Program (1F, 2F)</p>	<p>9:45 Words With The Same Meaning (2F) 17</p> <p>10:30 Seated Stretching (1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Bean Bag Toss (1F, 2F)</p> <p>3:00 Tuck Cart - All Floors (2F, 1F)</p> <p>3:00 Strolls (2F, 1F)</p> <p>6:00 Movie Matinee/Night (1F, 2F)</p>	<p>9:45 Manicures (2F, 1F) 18</p> <p>10:30 Card Games (1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Baking (2F)</p> <p>3:00 I-pad Visits (1F, 2F)</p> <p>6:00 Prehistoric Niagara (1F)</p>	<p>9:45 Hand Massages (1F, 2F) 19</p> <p>10:30 Strange Unsolved Mysteries (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Men's Club - Sports (1F, 2F)</p> <p>2:00 Balloon Volleyball (1F, 2F)</p> <p>3:00 Bingo - 1st Floor (1F)</p> <p>6:00 Ball Toss (2F, 1F)</p>
	<p>9:45 New Hope Church Niagara (1F) 20</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Fall Baking (2F)</p> <p>3:00 Montessori Hour (2F)</p> <p>6:00 Cookie Travelling Cart (1F, 2F)</p>	<p>9:30 Virtual Visits 21</p> <p>10:30 YouTube Highlights (1F, 2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Residents' Council (1F, 2F)</p> <p>3:00 Bull's Eye Bounce (1F, 2F)</p> <p>6:00 Funny Videos (1F, 2F)</p>	<p>9:45 The Bermuda Triangle (2F, 1F) 22</p> <p>10:30 Chair Yoga (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Minute to Win It (1F, 2F)</p> <p>3:00 Daily Chronicles (1F)</p> <p>6:00 Mindful Meditation (2F, 1F)</p>	<p>9:45 Coffee Chats (1F, 2F) 23</p> <p>10:30 Folding/Sorting (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Lukes (1F, 2F)</p> <p>3:00 Astrology (2F)</p> <p>6:00 Strolls (1F, 2F)</p>	<p>9:45 Bean Bag Toss (1F, 2F) 24</p> <p>10:30 Seated Stretching (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Bocci Ball (2F, 1F)</p> <p>3:00 Tuck Cart - All Floors (2F, 1F)</p> <p>3:00 Name 5 (2F)</p> <p>6:00 Halloween Craft (2F, 1F)</p>	<p>9:45 White Board Games (1F) 25</p> <p>10:30 Manicures (2F, 1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Card Games (1F, 2F)</p> <p>3:00 Dangerous Places (2F)</p> <p>6:00 Walking Program (1F, 2F)</p>	<p>9:45 Poker (1F) 26</p> <p>10:30 Lukes (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Young Guns (2F, 1F)</p> <p>3:00 Bingo - 2nd Floor (1F)</p> <p>6:00 Montessori Hour (1F, 2F)</p>
	<p>9:45 New Hope Church Niagara (1F) 27</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Apple Cider Travelling Cart (2F, 1F)</p> <p>3:00 Bocci Ball (1F, 2F)</p> <p>6:00 Calm Colouring (1F, 2F)</p>	<p>9:30 Virtual Visits 28</p> <p>10:30 Giant Crossword (2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Chair Soccer (1F, 2F)</p> <p>3:00 Yahtzee (1F)</p> <p>6:00 Humour Therapy (2F, 1F)</p>	<p>9:45 Charades (2F) 29</p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Horseshoes (1F, 2F)</p> <p>3:00 Ipad Visits (1F, 2F)</p> <p>6:00 Freaks of Nature (2F)</p>	<p>9:45 Bocci Ball (2F) 30</p> <p>10:30 Short Stories (1F)</p> <p>1:00 Hair Salon Appointments (1:00 - 4:00 pm) (2F, 1F)</p> <p>2:00 EZ Trivia (1F, 2F)</p> <p>3:00 Montessori Activities (2F, 1F)</p> <p>6:00 Movie History (2F)</p>	<p>9:45 Halloween Trivia (2F) 31</p> <p>10:30 Seated Stretching (1F)</p> <p>2:00 Halloween Party (1F, 2F)</p> <p>3:00 Tuck Cart - All Floors (2F, 1F)</p> <p>6:00 Walk & Talk (1F, 2F)</p>	<p>happy halloween</p>	
<p>Home Areas Legend</p> <p>First Floor (1F)</p> <p>Second Floor (2F)</p> <p>Shared</p>							