




December 2024

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Calendar Delivery (1F, 2F) 1 9:50 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Yahtzee (2F, 1F) 3:00 December Fun Facts (2F) 6:00 Montessori Activities (1F, 2F)	9:30 Virtual Visits 2 10:45 Hand Massages (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Christmas Decorating (2F, 1F) 3:00 Snowflake Making (1F) 3:00 Snow Ball Toss (2F) 6:00 Movie Night/Popcorn (1F)	9:45 Yahtzee (1F) 3 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Santa Sleigh Decorating (1F, 2F) 3:00 Paint By Numbers (2F) 3:00 I-Spy (Winter Edition) (1F) 6:00 Walk & Talk (1F, 2F)	9:45 Animal Facts (1F) 4 10:30 Calm Colouring (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Board Games (1F, 2F) 3:00 Bull's Eye Bounce (1F) 3:00 Music and Memories (2F) 6:00 Hot Chocolate Cart (1F, 2F)	9:45 Holiday Finish Lines (1F) 5 10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Hole in One (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Mindful Meditation (1F) 6:00 YouTube Concert (2F)	9:45 Ipad Laughs (2F) 6 10:30 Helping Hands (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Travelling Cart "Bruschetta Bread" (1F, 2F) 3:00 Lukes (2F) 3:00 Dominos (1F) 6:00 Bulletin Board Decorating (1F)	9:45 Card Games (1F) 7 10:30 Doll Therapy (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Sing-a-Long (1F) 3:00 Bingo - 2nd Floor (1F) 6:00 Walking Group (1F, 2F)
9:45 New Hope Church Niagara (1F) 8 10:30 Hymn Sing (2F) 11:00 EZ Trivia (1F, 2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Curling (1F) 3:00 Daily Chronicles (1F, 2F) 6:00 Baking (2F)	9:30 Virtual Visits 9 10:30 Word Games (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Christmas in New York City (2F, 1F) 3:00 Noodle Ball (2F) 3:00 Christmas Toy Timeline (1F) 6:00 Colour Another Carol (2F)	9:45 Christmas Short Stories (1F) 10 10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Santa Photo Booth (1F, 2F) 3:00 Who, What, Where (1F, 2F) 3:00 Word Search Puzzles (1F) 6:00 Walk & Talk (1F, 2F)	9:45 Holiday Finish Lines (2F) 11 10:30 Christmas Trivia (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Wii Bowling (2F, 1F) 3:00 Christmas Coloring (2F) 3:00 Connect 4 (2F, 1F) 6:00 Walking Program (1F, 2F)	9:45 Pack the Presents Game (1F) 12 10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Minute to Win It (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Christmas Movie (1F) 6:00 Helping Hands (1F, 2F)	9:45 Busy Hands (1F, 2F) 13 10:30 Finish That Saying (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Card Games (1F) 3:00 Ipad Laughs (1F, 2F) 6:00 Board Games (1F, 2F)	9:45 Coffee/Tea Chats (1F) 14 10:30 Funny Animal Video's (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Apple Cider Cart (1F, 2F) 3:00 Bingo - 1st Floor (1F) 6:00 Mindful Meditation (1F, 2F)
9:45 New Hope Church Niagara (1F) 15 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Christmas Card Making (2F, 1F) 3:00 Chair Soccer (2F) 3:00 Bull's Eye Bounce (1F) 6:00 Trash and Treasure - Short Story (1F, 2F)	9:30 Virtual Visits 16 10:30 Short Stories (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Residents' Council (2F, 1F) 2:00 Name 5 Christmas Songs: Music and Memories (2F) 3:00 Ornament Making (1F) 6:00 Helping Hands (2F, 1F)	Hot Chocolate Bar 17 9:45 Hangman (1F) 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Hot Chocolate Social (1F, 2F) 3:00 Who am I? (1F) 6:00 Board Games (1F)	Red & Green Day 18 9:45 Coffee Chats (1F, 2F) 10:30 Balloon Games (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Birthday Party/Entertainment with Bonnie James (1F, 2F) 3:00 Ipad Games (1F) 6:00 YouTube Music (2F)	Pyjama Day! 19 9:45 Christmas Bread Making (1F) 10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Humane Society Visits (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Ipad Visits (1F, 2F) 6:00 Dice Games (1F)	Ugly Christmas Sweater Day! 20 9:45 Helping Hands (2F) 10:30 Men's Club (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Gingerbread House Making (1F, 2F) 3:00 Short Stories (1F, 2F) 6:00 Festival of Lights Outing (1F, 2F)	9:45 Name 5: Christmas Edition (2F) 21 10:30 Bocci Ball (1F, 2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Snow Globe Art (1F, 2F) 3:00 Bingo - 2nd Floor (1F) 6:00 Young Guns (2F)
9:45 New Hope Church Niagara (1F) 22 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Connect 4 Tournament (1F, 2F) 3:00 French Vanilla Social (1F, 2F) 6:00 Hallmark Movie (1F, 2F)	9:30 Virtual Visits 23 10:30 Christmas Carols (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Egg Nog and Cookies (1F, 2F) 3:00 Christmas Hangman (1F) 6:00 Christmas Carols (1F, 2F)	Santa Hat Day! (1F, 2F) 24 9:45 Christmas Puzzles (1F) 10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Cookie Decorating (1F, 2F) 3:00 Fun Photo's (1F, 2F) 6:00 T'was the Night before Christmas (1F, 2F)	9:45 Christmas Gift Parade (1F, 2F) 25 2:00 Christmas Social (1F, 2F) 3:00 Christmas Photo Booth !! (1F) 	9:45 Fudge Making (1F) 26 10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Travelling Cart "Sweet Treats" (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Hanukkah Facts (1F)	9:45 Lukes (2F) 27 10:30 Family Feud (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Mini Putt Tournament (1F, 2F) 3:00 Daily Chronicles (1F) 3:00 Sort & Fold (2F) 6:00 Walk With Me (1F, 2F)	9:45 Doll Therapy (2F) 28 10:30 Move N' Groove (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Mindful Meditation (2F) 3:00 Bingo - 1st Floor (1F) 6:00 Spa Treatment (1F, 2F)
9:45 New Hope Church Niagara (1F) 29 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Wii Bowling (1F, 2F) 3:00 Manicures (1F, 2F) 6:00 Movie Night/Popcorn (1F, 2F)	9:30 Virtual Visits 30 10:30 Men's Club (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Board Games (1F, 2F) 3:00 Doll Therapy (2F) 6:00 Poetry Reading (1F, 2F)	9:45 Q-Tip Painting: NYE Edition (1F) 31 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 New Years Eve Trivia (1F, 2F) 3:00 New Year, New Me (1F, 2F) 6:00 News Years Rockin' Party (1F, 2F)	 103 Pelham Road, St. Catharines, ON, L2S 1S9			Home Areas Legend First Floor (1F) Second Floor (2F) Shared