



November 2024

West Park Health Centre



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**103 Pelham Road,
St. Catharines, ON, L2S 1S9**

Home Areas Legend

First Floor (1F)
Second Floor (2F)
Shared



<p>9:45 New Hope Church Niagara (1F) 3</p> <p>10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Bocci Ball (1F, 2F) 3:00 Hand Massages (1F, 2F) 6:00 Ipad Visits (1F, 2F)</p>	<p>9:30 Virtual Visits 4</p> <p>10:30 Blackjack (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Fall Craft (1F, 2F) 3:00 Who am I (1F) 6:00 Walk & Talk (1F, 2F)</p>	<p>9:45 Hangman (1F) 5</p> <p>10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Name 5 (1F, 2F) 3:00 Dominos (1F) 6:00 Montessori Hour (1F, 2F)</p>	<p>9:45 Fun with Nature (1F) 6</p> <p>10:30 Lukes (1F, 2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Baker's Club (1F, 2F) 3:00 Horoscope (1F) 6:00 Walking Program (1F, 2F)</p>	<p>9:45 Aromatherapy (1F, 2F) 7</p> <p>10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Humane Society Visits (2F, 1F) 3:00 Tuck Cart - All Floors (1F, 2F) 6:00 Funny Short Stories (1F, 2F)</p>	<p>9:45 Calendar Delivery 1</p> <p>10:30 Hangman (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Blackjack (2F) 3:00 Daily Chronicles (1F) 6:00 Spa Night (1F, 2F)</p>	<p>9:45 YouTube and You: Men's Edition (2F) 2</p> <p>10:30 Who, What, Where (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Craft - Rockin' Record Door Decor (2F) 3:00 Bingo - 1st Floor (1F) 6:00 Word Rhyme Game (1F, 2F)</p>
<p>9:45 New Hope Church Niagara (1F) 10</p> <p>10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Cinnamon Bun Social (1F, 2F) 3:00 Ancestor Appreciation (1F, 2F) 6:00 Helping Hands (1F, 2F)</p>	<p>9:30 Virtual Visits 11</p> <p>10:30 Remembrance Day (1F, 2F)</p> <p>1:00 Friendly Visits - All Floors (2F, 1F)</p> <p>2:00 Baker's Club (1F, 2F)</p> <p>3:00 Ball Toss (1F)</p> <p>6:00 Name That Tune (1F, 2F)</p> 	<p>9:45 Pictionary (1F) 12</p> <p>10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 EZ Trivia (1F, 2F) 3:00 Funny Animal Video's (2F) 6:00 Blackjack (1F, 2F)</p>	<p>9:45 Poetry Readings (1F) 13</p> <p>10:30 Animal Facts (1F, 2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Board Games (1F, 2F) 3:00 Horse Racing (2F) 6:00 Movie History (1F, 2F)</p>	<p>9:45 Doll Therapy (2F) 14</p> <p>10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Paint By Numbers (1F) 3:00 Tuck Cart - All Floors (1F, 2F) 6:00 Walk & Talk (2F)</p>	<p>9:45 Short Stories (1F) 15</p> <p>10:30 Men's Club (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Young Guns (1F, 2F) 3:00 Christmas Bazaar Setup (1F) 6:00 Riddles (2F)</p>	<p>10:00 Snow Flake Bazaar !! (10:00 am - 2:00 pm) (1F, 2F) 16</p> <p>3:00 Bingo - 1st Floor (1F) 6:00 Walk and Talk (1F, 2F)</p> 
<p>9:45 New Hope Church Niagara (1F) 17</p> <p>10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Hot Chocolate Travelling Cart (1F, 2F) 3:00 Hangman (1F) 6:00 Music and Memories (1F, 2F)</p>	<p>9:30 Virtual Visits 18</p> <p>10:30 Lukes (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Residents' Council (1F, 2F) 3:00 Deal or No Deal (2F) 6:00 Crossword Puzzles (1F, 2F)</p>	<p>9:45 Trivia (1F) 19</p> <p>10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Sunshine Singers (1F, 2F) 3:00 Name 5 (2F) 6:00 Noodle Ball (1F, 2F)</p> 	<p>9:45 Coffee Chats (1F, 2F) 20</p> <p>10:30 Who, What, Where (1F, 2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Poker (1F) 3:00 On This Day (2F) 6:00 Inspiring Stories (1F, 2F)</p>	<p>9:45 What am I? (2F) 21</p> <p>10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Mindful Meditation (1F) 3:00 Tuck Cart - All Floors (1F, 2F) 6:00 Sort & Fold (1F, 2F)</p>	<p>9:45 Manicures (1F, 2F) 22</p> <p>10:30 Hole in One (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Local Celebrities (1F) 3:00 Wii Bowling (1F) 6:00 Walk & Talk (1F, 2F)</p>	<p>9:45 Calm Colouring (1F, 2F) 23</p> <p>10:30 Survival Stories (1F, 2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Balloon Games (1F, 2F) 3:00 Bingo - 2nd Floor (1F) 6:00 Walking Program (1F, 2F)</p>
<p>9:45 New Hope Church Niagara (1F) 24</p> <p>10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Hallway Bowling (1F) 3:00 Farkle (1F) 6:00 Montessori Hour (1F, 2F)</p>	<p>9:30 Virtual Visits 25</p> <p>10:30 You be The Judge (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Bread Making (1F, 2F) 3:00 Famous Pairs (2F) 6:00 EZ Trivia (1F, 2F)</p>	<p>9:45 Hangman (1F) 26</p> <p>10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Fall Tie Dying (1F) 3:00 Ipad Visits (1F, 2F) 6:00 Baking (2F)</p>	<p>9:45 Q-Tip Colouring (2F) 27</p> <p>10:30 Men's Club (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Coin Toss (1F) 3:00 Reminiscing: Fall Scents (2F) 6:00 Young Guns (2F)</p>	<p>9:45 Music & Meditation (1F) 28</p> <p>10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Doll Therapy (2F) 3:00 Tuck Cart - All Floors (1F, 2F) 6:00 Creative Arts (2F)</p>	<p>9:45 Word Search Puzzles (1F) 29</p> <p>10:30 Helping Hands (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Wood Crafts (1F) 3:00 Shrunken Heads (1F) 6:00 Board Games (2F)</p>	<p>9:45 Chair Soccer (1F) 30</p> <p>10:30 Who Sang That Tune? (2F) 1:00 Friendly Visits - All Floors (2F, 1F) 2:00 Farkle (1F, 2F) 3:00 Bingo - 1st Floor (1F) 6:00 Funny Videos (1F, 2F)</p>