



# January 2025

## West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p align="center"><b>103 Pelham Road, St. Catharines, ON, L1S 1S9</b></p>		<p align="center"><u>Home Areas Legend</u></p> <p>First Floor (1F) Second Floor (2F) Shared</p>	<p><b>9:45 Calendar Delivery 1</b></p> <p>10:30 Dominos (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Travelling Cart, the cure (1F, 2F) 3:00 New Years Resolutions (1F)</p>	<p>9:45 Sort &amp; Fold (1F) <b>2</b> 10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Mad Hatter Tea and Cookies Party (1F, 2F)</b> <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Table Top Bowling (1F) 6:00 Board Games (1F, 2F)</p>	<p>9:45 Busy Hands (2F) <b>3</b> 10:30 Winter Word Game (1F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Birthday Party &amp; Live Music W/ Melissa Marie Shriner (1F, 2F)</b> 3:00 Men's Program - Muhummad Ali (1F) 6:00 Movies and Popcorn (1F, 2F)</p>	<p>9:45 Board Games (1F, 2F) <b>4</b> 10:30 Daily Chronicles (1F, 2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Curling (1F) <b>3:00 Bingo - 2nd Floor (1F)</b> 6:00 Walk &amp; Talk (1F, 2F)</p>		
		<p>9:45 New Hope Church Niagara (1F) <b>5</b> 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Deal or No Deal (1F) <b>2:00 Travel to Iceland (1F, 2F)</b> 3:00 Daily Chronicles (2F) 6:00 Doll Therapy (1F, 2F)</p>	<p>Wheel of Fortune day! <b>6</b> 9:30 Virtual Visits 10:30 Reminiscing "Cereals from the 60's" (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Wheel of Fortune (1F, 2F) 3:00 Ring Toss (1F) 6:00 iPad Visits (1F, 2F)</p>	<p>9:45 Bread Making (1F, 2F) <b>7</b> 10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Travelling Cart "Warm Bread" (1F, 2F) 3:00 Daily Chronicles (2F) 3:00 Lukes (1F) 6:00 Walking Program (1F, 2F)</p>	<p>Happy Birthday Elvis <b>8</b> 9:45 Spiritual Readings (2F) 10:30 Elvis's "Blue Shoes" Game (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 YouTube Music "Elvis" (1F, 2F) 3:00 Bean Bag Number Toss (1F) 6:00 Music and Memories (2F)</p>	<p>9:45 Yahtzee (1F) <b>9</b> 10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 First to 25 Dice Game (1F, 2F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Animal Facts (1F, 2F) 6:00 Humour Therapy (1F, 2F)</p>	<p>1:00 Friendly Visits - All Floors (1F, 2F) <b>10</b> 2:00 Hard Targets (1F) 3:00 Who, What, Where (1F, 2F) 6:00 Board Games (1F, 2F)</p> <p align="center"></p>	<p>Grand Canyon Day! <b>11</b> 9:45 Word Search Puzzles (1F) 10:30 Bull's Eye Bounce (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Grand Canyon Fun Facts (1F, 2F) <b>3:00 Bingo - 1st Floor (1F)</b> 6:00 Aromatherapy (1F, 2F)</p>
		<p>National Hot Tea Day! <b>12</b> 9:45 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Hot Tea Social (1F, 2F)</b> 3:00 Board Games (1F, 2F) 3:00 Not Quite Jeopardy (1F, 2F) 6:00 YouTube Concerts (1F, 2F)</p>	<p>9:30 Virtual Visits <b>13</b> 10:30 Daily Chronicles (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Wii Bowling (1F, 2F) 3:00 Word Games (1F) 6:00 Walk and Talk (1F, 2F)</p>	<p>9:45 Categories (1F) <b>14</b> 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Remembering Winter Storms (2F, 1F) 3:00 Horseshoes (2F)</p>	<p>9:45 Card Games (2F) <b>15</b> 10:30 Men's Club (1F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Creative Arts "Snow Birds Painting" (1F, 2F)</b> 3:00 Guinness World Records (2F, 1F) 6:00 Hot Apple Cider (1F, 2F)</p>	<p>9:45 Music and Memories - 70s Edition (2F) <b>16</b> 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Mind Bending Riddles (1F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Poetry Readings with Music (2F) 6:00 Walk and Talk (2F, 1F)</p>	<p>Happy Birthday Betty White <b>17</b> 9:45 All about Betty White (2F) 10:30 Funny Videos (1F, 2F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Movie Matinee "Starring Betty White" (1F, 2F)</b> 3:00 Lukes (2F) 6:00 Dice Games (1F, 2F)</p>	<p>9:45 Uno (1F) <b>18</b> 10:30 Odd News (2F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Elvis Tribute Performance !! (2F, 1F)</b> <b>3:00 Bingo - 2nd Floor (1F)</b></p>
		<p>9:45 New Hope Church Niagara (1F) <b>19</b> 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Travelling Cart "Hot Chocolate" (1F, 2F)</b> </p>	<p>9:30 Virtual Visits <b>20</b> 10:30 Crossword Puzzles (1F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Residents' Council (2F, 1F)</b> 2:00 Baker's Club (1F, 2F) 3:00 Mandala Colouring (2F) 6:00 Sports Watching (1F, 2F)</p>	<p>9:45 Calm Colouring (1F) <b>21</b> 10:30 Chair Yoga (1F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Sunshine Singers (1F, 2F)</b> 3:00 Doll Therapy (2F) 6:00 Board Games (1F, 2F)</p>	<p>9:45 Coffee Chats (2F) <b>22</b> 10:30 Chair Soccer (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Back to the 80s Bash (1F, 2F) 3:00 YouTube Highlights (2F) 6:00 Short Stories (2F)</p>	<p>9:45 Not Quite Jeopardy (1F) <b>23</b> 10:30 Seated Stretching (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Dice Games (2F, 1F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 6:00 Table Ball (1F)</p>	<p>1:00 Friendly Visits - All Floors (1F, 2F) <b>24</b> 2:00 Black Jack (2F, 1F) 3:00 Noodle Ball (2F) 6:00 Price is Right (1F)</p> <p align="right"></p>	<p>9:45 Ashley's Cookies! (1F) <b>25</b> 10:30 Lukes (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Wheel of Fortune (1F) 2:00 Knitting/Crochet (1F) <b>3:00 Bingo - 1st Floor (1F)</b> 6:00 Walk With Me (1F, 2F)</p>
		<p>Australia Day! <b>26</b> 9:45 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Let's explore Australia! (1F, 2F)</b> 3:00 Spa Day (1F) 6:00 Spiritual Music (1F, 2F)</p>	<p>9:30 Virtual Visits <b>27</b> 10:30 Word Games (1F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Who, What, Where (1F, 2F) 3:00 Lukes (1F) 6:00 Hot Chocolate Cart (1F, 2F)</p>	<p>9:45 Young Guns (1F) <b>28</b> 10:30 Chair Yoga (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Baker's Club (2F, 1F) 3:00 Ipad Visits (1F)</p> <p align="center"></p>	<p>Chinese New Year <b>29</b> 9:45 Fun Facts "Chinese New Years" (1F) 10:30 News and Views (2F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>1:00 Hair Salon Appointments (1:00 - 4:00 pm) (1F, 2F)</b> <b>2:00 Chinese New Year Social (1F, 2F)</b> 3:00 Montessori Activities (2F) 6:00 Creative Colouring (2F)</p>	<p>9:45 Coffee Chats (1F) <b>30</b> 10:30 Seated Stretching (2F) 1:00 Friendly Visits - All Floors (1F, 2F) 2:00 Creative Arts (1F) <b>3:00 Tuck Cart - All Floors (2F, 1F)</b> 3:00 Lukes (1F) 6:00 Dice Games (2F)</p>	<p>9:45 Connect 4 (2F) <b>31</b> 10:30 Hand Massages (1F) 1:00 Friendly Visits - All Floors (1F, 2F) <b>2:00 Brownie Travelling Cart (1F, 2F)</b> 3:00 Ring Toss (1F) 6:00 Music and Memories (2F)</p>	<p align="center"></p>