

# February 2025

## West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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103 Pelham Road, St. Catharines,  
ON, L2S 1S9



						<p><b>9:45 Calendar Delivery</b> <b>1</b></p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Valentines Day Colouring (1F, 2F)</p> <p><b>3:00 Bingo - 2nd Floor (1F)</b></p> <p>6:00 Movie Matinee/Night (1F, 2F)</p>
<p><b>Groundhog Day!</b> <b>2</b></p> <p>9:45 New Hope Church Niagara (1F)</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Catholic Church Service (1F, 2F)</p> <p>2:00 Ancestor Appreciation (1F, 2F)</p> <p>3:00 Who, What, Where (1F, 2F)</p> <p>6:15 1:1 Visits (1F, 2F)</p>	<p><b>9:30 Virtual Visits</b> <b>3</b></p> <p>10:30 Family Feud (1F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Baker's Club (1F, 2F)</p> <p>3:00 Bull's Eye Bounce (2F)</p> <p>6:00 Short Stories (1F, 2F)</p>	<p><b>9:30 Bread Making (1F)</b> <b>4</b></p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Warm Bread! (1F, 2F)</p> <p>3:00 Matching Trivia (1F)</p> <p>3:00 Curling (2F)</p> <p>6:00 Card Games (2F)</p>	<p><b>9:45 Lukes (2F)</b> <b>5</b></p> <p>10:30 Hangman (1F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Board Games (1F, 2F)</p> <p>3:00 Spa Day (2F)</p> <p>3:00 Black Jack (2F, 1F)</p> <p>6:00 Walking Program (1F, 2F)</p>	<p><b>9:45 Spa Day</b> <b>6</b></p> <p>10:30 Seated Stretching (1F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Valentines Day Cards (1F, 2F)</p> <p><b>3:00 Tuck Cart - All Floors (2F, 1F)</b></p> <p>3:00 Daily Chronicles (2F)</p> <p>6:00 Calm Waters (1F, 2F)</p>	<p><b>9:45 Odd News (1F, 2F)</b> <b>7</b></p> <p>10:30 Mini Cornhole! (1F, 2F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Bocci Ball (1F, 2F)</p> <p>3:00 Trivia (1F, 2F)</p> <p>6:00 Deal or No Deal (1F)</p>	<p><b>9:45 Chair Soccer (1F)</b> <b>8</b></p> <p>10:30 Daily Chronicles (2F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Knitting/Crochet Club (1F)</p> <p>2:00 Men's Program - Historic Events (2F)</p> <p><b>3:00 Bingo - 1st Floor (1F)</b></p> <p>6:00 tea Chats (1F, 2F)</p>
<p><b>Super Bowl Sunday!</b> <b>9</b></p> <p>9:45 New Hope Church Niagara (1F)</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Super Bowl Party- Chili (1F, 2F)</p> <p>3:00 Super Bowl Trivia (1F)</p> <p>3:00 Ball Toss - Football (2F)</p> <p>6:00 Slang Through the Decades (1F, 2F)</p>	<p><b>9:30 Virtual Visits</b> <b>10</b></p> <p>10:30 Bull's Eye Bounce (1F, 2F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Card Games (1F, 2F)</p> <p>3:00 Noodle Ball (1F)</p> <p>3:00 Trivia (2F)</p> <p>6:00 Walk &amp; Talk (1F, 2F)</p>	<p><b>9:45 Hangman (1F)</b> <b>11</b></p> <p>10:30 Chair Yoga (2F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Baker's Club (1F, 2F)</p> <p>3:00 Curling (1F, 2F)</p> <p>6:00 Jenga! (1F, 2F)</p>	<p><b>9:45 Coffee Chats (1F, 2F)</b> <b>12</b></p> <p><b>10:30 Balloon Art Therapy "Valentines" (1F, 2F)</b></p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Who, What, Where (1F, 2F)</p> <p>3:00 Montessori Activities (2F)</p> <p>6:00 Hot Chocolate (1F, 2F)</p>	<p><b>9:45 News and Views (2F)</b> <b>13</b></p> <p>10:30 Seated Stretching (1F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 70s Karaoke (1F, 2F)</p> <p><b>3:00 Tuck Cart - All Floors (2F, 1F)</b></p> <p>3:00 Doll Therapy (2F)</p>	<p><b>Valentines Day!</b> <b>14</b></p> <p>9:45 Astrology (1F, 2F)</p> <p>10:30 Creative Arts (1F)</p> <p><b>1:00 Valentine's Day Bake Sale (1:00 - 4:00 pm) (2F, 1F)</b></p> <p>6:00 Hand Massages (1F, 2F)</p>	<p><b>9:45 Dominos (1F)</b> <b>15</b></p> <p>10:30 New's &amp; View's (1F, 2F)</p> <p>1:00 Friendly Visits - All Floors (1F, 2F)</p> <p>2:00 Horseshoes (2F)</p> <p><b>3:00 Bingo - 2nd Floor (1F)</b></p> <p>6:00 Funny Short Stories (1F, 2F)</p>
<p><b>9:45 New Hope Church Niagara (1F)</b> <b>16</b></p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Catholic Church Service (1F, 2F)</p> <p>2:00 Black Jack (1F)</p> <p><b>3:00 Hot Chocolate Cart (1F)</b></p> <p>6:00 Hangman (1F)</p>	<p><b>9:30 Virtual Visits</b> <b>17</b></p> <p>10:30 Animals Around The World (1F)</p> <p><b>2:00 Family Day Social!! (1F, 2F)</b></p> <p>3:00 Find The Hidden Objects Game (1F, 2F)</p> <p>6:00 Blurt Game (1F, 2F)</p>	<p><b>9:45 Funny Animal Video's (1F)</b> <b>18</b></p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p>2:00 Baker's Club (1F, 2F)</p> <p><b>2:00 Residents' Council (1F, 2F)</b></p> <p>3:00 Poetry Reading (2F)</p> <p>6:00 Coffee Chats (1F, 2F)</p>	<p><b>9:45 Creative Colouring (2F)</b> <b>19</b></p> <p>10:30 Not Quite Jeopardy (1F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p>2:00 Music Memories (1F, 2F)</p> <p>3:00 Ring Toss (1F, 2F)</p> <p>3:00 Bocci Ball (1F, 2F)</p> <p>6:00 Celebrity Of The Month (1F, 2F)</p>	<p><b>9:45 Music and Memories (1F)</b> <b>20</b></p> <p>10:30 Seated Stretching (1F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p>2:00 Wii Bowling Tournament (1F, 2F)</p> <p><b>3:00 Tuck Cart - All Floors (2F, 1F)</b></p> <p>3:00 Lukes (2F, 1F)</p> <p>6:00 Animal Facts (1F, 2F)</p>	<p><b>9:45 Yahtzee (2F, 1F)</b> <b>21</b></p> <p>10:30 Ipad Visits (2F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p>2:00 Mini Putt (1F, 2F)</p> <p>3:00 Pictionary (1F)</p> <p><b>6:00 Movie Night W/ Popcorn (2F)</b></p>	<p><b>9:45 Card Games (1F)</b> <b>22</b></p> <p>10:30 Table Bowling (2F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p>2:00 Creative Arts (1F, 2F)</p> <p><b>3:00 Bingo - 1st Floor (1F)</b></p> <p>6:00 You Be The Judge (1F, 2F)</p>
<p><b>9:45 New Hope Church Niagara (1F)</b> <b>23</b></p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Catholic Church Service (1F, 2F)</p> <p>2:00 Hot Drink Cart (1F, 2F)</p> <p>3:00 Montessori Games (2F)</p> <p>6:00 Spa Treatment (1F, 2F)</p>	<p><b>9:30 Virtual Visits</b> <b>24</b></p> <p>10:30 Reminiscing (2F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p>2:00 Family feud (1F, 2F)</p> <p>3:00 Poetry Readings (2F)</p> <p>6:00 Walk and Talk (1F)</p>	<p><b>9:45 Connect 4 (2F)</b> <b>25</b></p> <p>10:30 Chair Yoga (2F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p>2:00 Family Feud (2F)</p> <p>3:00 Coffee Chats (1F)</p> <p>6:00 Mini Cornhole! (1F, 2F)</p>	<p><b>9:45 Pet Therapy (1F)</b> <b>26</b></p> <p>10:30 Puzzle Hour (1F)</p> <p><b>1:00 Hair Salon Appointments (1:00 - 4:00 pm) (1F, 2F)</b></p> <p>2:00 Minute to Win It (1F, 2F)</p> <p>3:00 Odd News Stories (1F)</p> <p>6:00 Dice Games (1F)</p>	<p><b>9:45 Blurt Game (2F)</b> <b>27</b></p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p><b>2:00 Funny Video's (1F, 2F)</b></p> <p><b>3:00 Tuck Cart - All Floors (2F, 1F)</b></p> <p>3:00 Hand Massages (1F, 2F)</p> <p>6:00 YouTube Concert (2F)</p>	<p><b>9:45 Music &amp; Memories (2F)</b> <b>28</b></p> <p>10:30 Wii Bowling (1F)</p> <p>1:00 Friendly Visits (2F, 1F)</p> <p><b>2:00 Birthday Party with Entertainment by "Mixed Nuts" (1F, 2F)</b></p> <p>3:00 Hand Massages (2F)</p> <p>6:00 Walk and Talk (1F)</p>	<p><b>Home Areas Legend</b></p> <p>First Floor (1F)</p> <p>Second Floor (2F)</p> <p>Shared</p>