



April 2025

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p align="center">103 Pelham Road, St. Catharines, ON L2S 1S9</p>		<p align="center">April Fools! 1</p> <p>9:30 Calendar Delivery (1F, 2F)</p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 April Fools Fun Facts (1F, 2F)</p> <p>3:00 Plant & Sip (2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p align="center">National Walking Day 2</p> <p>9:30 Daily Chronicles (2F)</p> <p>10:30 Name 5: Spring Edition (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Strolls (1F, 2F)</p> <p>3:00 Easter Decorating (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Creative Colouring (1F) 3</p> <p>10:30 Seated Stretching (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Bunny Hop Dance Party (1F, 2F)</p> <p>3:00 Tuck Cart - All Floors (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Doll Therapy (1F, 2F) 4</p> <p>10:30 EZ Trivia (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Black Jack (2F)</p> <p>3:00 Balloon Games (1F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Project Bird Feeder (1F) 5</p> <p>10:30 Hand Massages (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Knitting/Crochet Club (1F)</p> <p>2:00 Raindrop Rhythms: Drum Circle (2F)</p> <p>3:00 Bingo - 1st Floor (1F)</p> <p>4:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>		
		<p>9:30 New Hope Church Niagara (1F) 6</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Catholic Church Service (1F, 2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Strawberry Shortcake Social (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 News & Views (1F) 7</p> <p>10:30 Mindful Meditation (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Egg Dying (1F, 2F)</p> <p>3:00 Urban Legends (2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 What am I? (1F) 8</p> <p>10:30 Chair Yoga (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Wii Games (1F)</p> <p>3:00 Paper Airplane Contest (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Coffee Chats (1F, 2F) 9</p> <p>10:30 Word Games (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Board Games (1F, 2F)</p> <p>2:00 Easter Egg Hunt (2F)</p> <p>3:00 Spring Time Poetry (2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Reminiscing: What Grows in Your Garden? (1F) 10</p> <p>10:30 Seated Stretching (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Spring Picture Matching (2F, 1F)</p> <p>3:00 Tuck Cart - All Floors (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Good News (1F, 2F) 11</p> <p>10:30 Puzzle Hour (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Wii Bowling Tournament (1F, 2F)</p> <p>3:00 Spiritual Readings (2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Spring Stretch & Flow (1F) 12</p> <p>10:30 Humour Therapy (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Shuffle Board Fun (2F)</p> <p>2:00 Men's Club: Sports Cars (1F, 2F)</p> <p>3:00 Bingo - 2nd Floor (1F)</p> <p>4:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>
		<p align="center">Palm Sunday 13</p> <p>9:30 New Hope Church Niagara (1F)</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Catholic Church Service (1F, 2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Lemonade & Laughter (1F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Manicure Hour (1F, 2F) 14</p> <p>10:30 Word Ladders (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Who, What, Where (1F, 2F)</p> <p>2:00 Pet Adoption Dice Game (2F, 1F)</p> <p>3:00 Craft - Crepe Paper Flowers (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Guess Who? Spring Edition (1F) 15</p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Titanic Tea Party (1F, 2F)</p> <p>3:00 Balloon Toss (2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Bull's Eye Bounce (2F) 16</p> <p>10:30 Word Puzzles (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Easter Crafts (1F, 2F)</p> <p>3:00 Doll Therapy (2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Creative Coloring (1F) 17</p> <p>10:30 Seated Stretching (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>1:30 Baby Chicks !! (1F, 2F)</p> <p>3:00 Tuck Cart - All Floors (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Ball Toss (1F, 2F) 18</p> <p>10:30 Springtime Riddle Hour (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Tim Horton's Social !! (1F)</p> <p>3:00 Crossword Puzzles (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Short Stories (2F) 19</p> <p>10:30 Connect 4 (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Humour Therapy (1F, 2F)</p> <p>3:00 Egg-stravaganza Bingo (1F)</p> <p>4:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>
		<p>9:30 New Hope Church Niagara (1F) 20</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Catholic Church Service (1F, 2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Outdoor Bocce Ball (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Gardening (1F) 21</p> <p>10:30 Men's Club: Baseball (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Residents' Council (1F, 2F)</p> <p>2:30 Easter Social! (1F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p align="center">Earth Day! 22</p> <p>9:30 Pioneer Days (1F)</p> <p>10:30 Chair Yoga (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Earth Day Social (1F)</p> <p>3:00 EZ Trivia (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Hand Massages (2F) 23</p> <p>10:30 World Book Day Storytime (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Name That Tune: Spring Edition (1F, 2F)</p> <p>3:00 Nature Videos (1F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Mixed Theme Hangman (1F) 24</p> <p>10:30 Seated Stretching (2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Craft - Stained Glass Butterfly Art (1F)</p> <p>2:00 Pivot Point Game (1F, 2F)</p> <p>3:00 Tuck Cart - All Floors (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Canadian Trivia (1F) 25</p> <p>10:30 Spa Hour (1F, 2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Cozy Movie Matinee (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Positive News (1F, 2F) 26</p> <p>10:30 Pictionary (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Ball Toss (2F)</p> <p>3:00 Bingo - 2nd Floor (1F)</p> <p>4:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>
		<p>9:30 New Hope Church Niagara (1F) 27</p> <p>10:30 Hymn Sing (2F)</p> <p>1:00 Catholic Church Service (1F, 2F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Umbrella Art (2F)</p> <p>3:00 Deal or No Deal (1F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Doll Therapy (2F) 28</p> <p>10:30 Finish That Saying (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 April Showers Sing-Along (2F)</p> <p>3:00 Spa Treatment (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Bread Making (1F) 29</p> <p>10:30 Chair Yoga (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 Travelling Cart "Warm Bread" (1F, 2F)</p> <p>3:00 Poetry Reading (2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>	<p>9:30 Farkle (2F) 30</p> <p>10:30 Funny YouTube Video's (1F)</p> <p>1:00 Virtual Visits (1F, 2F)</p> <p>2:00 April Bday Bash & Live Music W/ "Mixed Nuts" (1F, 2F)</p> <p>3:00 Walking Program (2F)</p> <p>6:00 Friendly Visits (1F, 2F)</p>			<p align="center"><u>Home Areas</u></p> <p align="center"><u>Legend</u></p> <p>Second Floor (2F)</p> <p>First Floor (1F)</p> <p>Shared</p>