

# March 2025

## West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>103 Pelham Road, St. Catharines, ON, L2S 1S9</b>						<b>9:45 Calendar Delivery</b> <b>1</b> 10:30 News and Views (2F) 1:00 Friendly Visits (1F, 2F) 2:00 Card Games (1F) <b>3:00 Bingo - 2nd Floor (1F)</b> 3:00 Dice Games (1F, 2F) 6:00 Ipad Visits (1F, 2F)
The Oscar's! <b>2</b> 9:45 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) <b>1:00 Catholic Church Service (1F, 2F)</b> 2:00 Celebrity Of The Month (1F) 3:00 Gardening/Watering (1F, 2F) 4:00 1:1 Visits (1F, 2F) 6:00 Yahtzee (1F, 2F)	9:30 Virtual Visits <b>3</b> 10:30 Chase Away The Ace (1F) 1:00 Friendly Visits (1F, 2F) 2:00 St. Patrick's Decorating (1F, 2F) 2:00 Spiritual Sing-Along (2F) 3:00 It Happened In March (1F) 3:00 Aromatherapy (2F) 6:00 Name 10 (1F, 2F)	Shrove Tuesday <b>4</b> 9:45 Movie Character "Guess Who" (1F, 2F) 10:30 Chair Yoga (1F) 1:00 Friendly Visits (1F, 2F) <b>2:00 Mardi Gras Party (1F)</b> 3:00 Daily Chronicles (2F) 6:00 Word Games (2F)	Ash Wednesday <b>5</b> 9:45 Bull's Eye Bounce (2F) 10:30 Hangman (1F) 1:00 Friendly Visits (1F, 2F) 2:00 Pivot Point Game (1F) 3:00 Spa Day (1F) 6:00 Funny Videos (1F, 2F)	9:45 Not Quite Jeopardy (1F) <b>6</b> 10:30 Seated Stretching (1F) 1:00 Friendly Visits (1F, 2F) 2:00 YouTube Concerts (1F, 2F) 2:00 Crafting Hour (1F) <b>3:00 Tuck Cart - All Floors (1F, 2F)</b> 6:00 Walk & Talk (1F, 2F)	9:45 Hangman (1F) <b>7</b> 10:30 Curling (2F) 1:00 Friendly Visits (1F, 2F) 2:00 Calm Colouring (1F) 3:00 Riddles (1F) 3:00 Seated Ball Game (1F) 6:00 Animal Facts (1F, 2F)	International Women's day! <b>8</b> 9:45 Ashley's Cookies! (1F) 10:30 Doll Therapy (2F) 1:00 Friendly Visits (1F, 2F) 2:00 Creative Arts (1F, 2F) <b>3:00 Bingo - 1st Floor (1F)</b> 6:00 Spot The Difference (1F, 2F)
Daylight Savings <b>9</b> 9:45 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 2:00 Explore New Orleans's! (1F, 2F) 3:00 Ipad Games (2F) 3:00 Mini Cornhole (1F) <b>6:00 Movie Night W/ Popcorn (1F, 2F)</b>	9:30 Virtual Visits <b>10</b> 10:30 On This Day (1F) 2:00 Bean Bag Number Toss (1F, 2F) 3:00 EZ Trivia (2F) 3:00 Black Jack (1F, 2F) 6:00 Walk With Me (1F, 2F)	9:45 Coffee Chats (1F, 2F) <b>11</b> 10:30 Chair Yoga (2F) 2:00 Mini Putt (1F) 3:00 Horoscopes (2F) 3:00 Puzzle Hour (1F, 2F) 6:00 Ipad Visits (1F, 2F)	<b>9:45 Humour Therapy (1F, 2F)</b> <b>12</b> 10:30 Word Ladders (1F) 2:00 Dice Games (1F, 2F) 3:00 Short Stories (2F) 3:00 Calm Waters (1F, 2F) 6:00 Hand Massages (1F, 2F)	9:45 3D Butterfly Craft (1F) <b>13</b> 10:30 Seated Stretching (2F) 2:00 Word Games (1F, 2F) <b>3:00 Tuck Cart - All Floors (1F, 2F)</b> 3:00 Bocci Ball (1F) 6:00 Walk and Talk (1F, 2F)	9:45 Bull's Eye Bounce (1F, 2F) <b>14</b> 10:30 Word Games (1F) 2:00 Wii Bowling Tournament (1F, 2F) 3:00 Sing-Along (2F) 3:00 Volleyball (2F) 6:00 Farkle (1F, 2F)	9:45 Connect 4 (1F) <b>15</b> 10:30 Manicures (2F) 2:00 Tough Trivia (1F) <b>3:00 Bingo - 2nd Floor (1F)</b> 6:00 1:1 Visits (1F, 2F)
9:45 New Hope Church Niagara (1F) <b>16</b> 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 2:00 Baker's Club (1F, 2F) 3:00 Travelling Cart (1F, 2F) 4:00 Ball Toss (1F, 2F) 6:00 1:1 Visits (1F, 2F)	St. Patrick's Day <b>17</b> 9:30 Virtual Visits 10:30 St. Patrick's Day Fun Facts (1F) <b>2:00 Shamrock Shake Social (1F, 2F)</b> 3:00 Artistic Creations (1F, 2F) 6:00 Spa Treatment (1F, 2F)	9:45 Funny Animal Video's (1F) <b>18</b> 10:30 Chair Yoga (1F) 2:00 Minute to Win It (1F, 2F) 3:00 Spa Day (2F) 3:00 Doll Therapy 6:00 Movie Matinee/Night (2F)	9:45 Lukes (2F) <b>19</b> 10:30 Who, What, Where (1F) 3:00 Inspiring Stories (2F) 3:00 Ripley's Believe it Or Not (2F) <b>6:30 Live Music W/ Brad Boland (1F)</b>	First day of Spring! <b>20</b> 9:45 Daily Chronicles (1F) 10:30 Seated Stretching (1F) 2:00 Music and Memories (1F, 2F) 2:00 Strolls (1F, 2F) <b>3:00 Tuck Cart - All Floors (1F, 2F)</b> 6:00 Parchessi (1F)	9:45 Connect 4 <b>21</b> 10:45 Flip Cup (1F, 2F) 2:00 Mini Putt (2F) 3:00 Hangman (1F) 3:00 Ipad Visits (1F, 2F) 6:00 Bull's Eye Bounce (1F, 2F)	9:45 Ashley's Cookies! (1F) <b>22</b> 10:30 Ring Toss (2F) 2:00 Knitting/Crochet Club (1F) 2:00 Men's Club - Guess The Sports Phrase Quiz (2F) <b>3:00 Bingo - 1st Floor (1F)</b> 6:00 You Be The Judge (1F, 2F)
9:45 New Hope Church Niagara (1F) <b>23</b> 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 2:00 Creative Arts (2F) 3:00 Junk Drawer Detective (2F) 3:00 Pictionary (1F) 6:00 Music Meditation (1F, 2F)	9:30 Virtual Visits <b>24</b> 10:30 Word Games (1F) 2:00 Hole in One (1F, 2F) <b>2:00 Residents' Council (1F, 2F)</b> 3:00 Water Painting (2F) 6:00 Walk and Talk (1F, 2F)	9:45 Famous Landmarks (1F) <b>25</b> 10:30 Chair Yoga (2F) 2:00 Travelling Ontario (2F) 3:00 Hard Targets (1F) 6:00 Walking Program (1F, 2F)	9:45 Coffee Chats (1F, 2F) <b>26</b> 10:30 Name That Tune (1F) <b>1:00 Hair Salon Appointments (1:00 - 4:00 pm) (1F, 2F)</b> <b>2:00 Music W/ Bonnie James &amp; Bday Party (1F, 2F)</b> 3:00 Pipe Ball Game (2F) 6:00 YouTube Concerts (1F, 2F)	9:45 Hand Massages (1F) <b>27</b> 10:30 Seated Stretching (2F) 2:00 Balloon Games (1F, 2F) <b>3:00 Tuck Cart - All Floors (1F, 2F)</b> 3:00 iPad Games (1F, 2F) 6:00 Dice Games (1F)	9:45 Good News Time (2F) <b>28</b> 10:30 What's That Smell? (1F) 2:00 Bean Bag Toss (1F, 2F) 2:00 Gardening/Watering (1F, 2F) 3:00 Montessori Activities (2F) 6:00 Movie Night/Popcorn (1F, 2F)	9:45 Spring Cleaning Reminisce (1F) <b>29</b> 10:30 Spring Poetry (2F) 2:00 Men's Club: Sport Car Edition (1F) <b>3:00 Bingo - 2nd Floor (1F)</b> 6:00 Walk With Me (1F, 2F)
9:45 New Hope Church Niagara (1F) <b>30</b> 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) <b>2:00 Sugar Cookie Social (1F, 2F)</b> 3:00 Curling (1F) 3:00 Read With Me (2F) 6:00 Pet Therapy (1F, 2F)	9:30 Virtual Visits <b>31</b> 10:30 Bocce Ball (1F) 2:00 Baker's Club (1F, 2F) 3:00 Family Feud (1F) 6:00 Memory Games (1F, 2F)	<u>Home Areas Legend</u> First Floor (1F) Second Floor (2F) Shared				