







June 2025

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 New Hope Church Niagara (1F) 1 9:45 Hello June! (1F, 2F) 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Carnival Bucket Toss (2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Heartwarming Stories (2F) 2 10:30 Brain Teasers (1F, 2F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Dice Games- Roll & Cover (2F) 2:00 Horseshoes (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Hangman (1F) 3 10:30 Chair Yoga (2F) 1:00 Creative Corner (1F, 2F) 1:00 1:1 Visits (1F, 2F) 2:00 Cocktail Trivia (1F) 2:00 Helping Hands (2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	Belmont Stakes Day! 4 9:30 Celebrity Of The Month (1F, 2F) 10:30 Daily Chronicles (1F, 2F) 1:00 Creative Corner (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Jokes and Riddles (1F) 5 10:30 Seated Stretching (2F) 1:00 Creative Corner (1F, 2F) 2:00 Men's Program - Dive Into Jaws (Anniversary) (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Coffee and Chats (1F) 6 10:30 Gardening & Watering (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Groovy Tie Dying (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Shuffleboard (1F) 7 10:30 Strolls (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Mini Putt (1F) 3:00 Bingo - 2nd Floor (2F) 6:00 Friendly Visits (1F, 2F)
9:30 New Hope Church Niagara (1F) 8 10:30 Hymn Sing (2F) 1:00 Creative Corner (1F, 2F) 1:00 Catholic Church Service (1F, 2F) 2:00 Rootbeer Floats (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Patio Chats (2F) 9 10:30 LGBTQ+ Pride Art Wall (1F, 2F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner: EZ Adapted Dance (1F, 2F) 2:00 Making Mud Grub Pudding Cups (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Fun Facts: Summer Edition (2F) 10 10:30 Musical Movement Dice (1F) 1:00 Creative Corner (1F, 2F) 2:00 Hole In One (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Bull's Eye Bounce (2F) 11 10:30 Summer Word Scramble (1F) 1:00 Creative Corner (1F, 2F) 2:00 Dice Games (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 DIY Bird Feeders (2F) 12 10:30 Seated Stretching (1F) 1:00 Creative Corner (1F, 2F) 2:00 Sunshine & Watermelon Social (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Famous Canadians (1F) 13 10:30 EZ Trivia (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Live Music W/ Melissa Marie Shriner (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Morning Music and Trivia (1F) 14 10:30 Paper Airplane Races (2F) 1:00 Creative Corner- Patio Chats (1F, 2F) 2:00 Remembering Dean Martin Songs (1F, 2F) 2:00 Knitting/Crochet Club (1F) 3:00 Bingo - 1st Floor (1F) 6:00 Friendly Visits (1F, 2F)
Father's Day! 15 9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner - With 90s Music (1F, 2F) 2:00 Doughnuts & Dad's Social (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Breakfast Club (1F) 16 10:30 Patio Chat (1F, 2F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Dice Game "Farkle" (2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Who, What, Where (1F, 2F) 17 10:30 Chair Yoga (2F) 1:00 Creative Corner (1F, 2F) 1:00 Clowning Around (1F, 2F) 2:00 Hard Targets (1F, 2F) 2:00 Mini Cornhole! (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Dice Games (2F) 18 10:30 Vintage Welland Canal (2F) 1:00 Creative Corner (1F, 2F) 1:00 Hair Salon Appointments (1pm-4pm) (1F, 2F) 2:00 Courtyard Lemonade Social (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 History of Juneteeth: Celebration of Freedom (1F) 19 10:30 Seated Stretching (2F) 1:00 Creative Corner (1F, 2F) 2:00 Who Sang That Tune? (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	Welcome Summer! 20 9:30 Horoscope (1F) 10:30 Hand Massages (2F) 2:00 Poetry Picnic (1F, 2F) 2:00 Humane Society Visits (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Welland Canal Trivia (1F) 21 10:30 Puzzle Hour (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Board Games (1F) 2:00 Ball Toss (1F, 2F) 3:00 Bingo - 2nd Floor (2F) 6:00 Friendly Visits (1F, 2F)
9:30 New Hope Church Niagara (1F) 22 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Bocce Ball Tournament (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Polished to Perfection (2F) 23 10:30 Beach Ball Toss (1F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner - Summer Reminiscing (1F, 2F) 2:00 Residents' Council (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 News and Views (1F) 24 10:30 Chair Yoga (1F) 1:00 Creative Corner (1F, 2F) 2:00 Not Quite Jeopardy (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Let's Explore Ontario! (2F) 25 10:30 Alphabet Challenge (1F) 1:00 Creative Corner (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Daily Chronicles (2F) 26 10:30 Seated Stretching (1F) 1:00 Creative Corner (1F, 2F) 2:00 Wii Bowling Tournament (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Funny Animal Video's (1F, 2F) 27 10:30 Gardening/Watering (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Creative Arts (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Construction Paper Flowers (1F) 28 10:30 Bingo - 1st Floor (1F) 1:00 Creative Corner - DROM Summer Edition (1F, 2F) 2:00 Knitting/Crochet Club (1F) 2:00 "Dancing in Your Chair" Class (1F) 3:15 Live Music W/ Brad Boland & Bday Party (2F) 6:00 Friendly Visits (1F, 2F)
9:30 New Hope Church Niagara (1F) 29 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 2:00 Ice Cream Sundae's (2F, 1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Black Jack (1F, 2F) 30 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Afternoon Strolls (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	103 Pelham Road, St. Catharines, ON L2S 1S9				<u>Home Areas Legend</u> First Floor (1F) Second Floor (2F) Shared