

August 2025

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
103 Pelham Road, St. Catharines, ON, L2S 1S9			A colorful illustration of various flowers (daisies, tulips, etc.) in shades of purple, yellow, and red, growing behind a white picket fence.		<div>9:15 Front Entrance Watering (1F) 9:30 Calendar Delivery (1F, 2F) 10:30 Mini Putt (2F) 1:00 Creative Corner (1F, 2F) 2:00 Groovy Tie Dying (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Coffee Chats (1F) 10:30 Hard Targets (1F) 1:00 Creative Corner (1F, 2F) 2:00 Board Games (1F, 2F) 2:00 EZ Trivia (1F, 2F) 3:00 Walking Program (1F, 2F) 3:00 Bingo - 2nd Floor (2F) 6:00 Friendly Visits (1F, 2F)</div>
<div>9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Creative Corner (1F, 2F) 2:00 Mocktails (1F, 2F) 2:00 Live Music W/ Melissa-Marie Shriner & Bday Party (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 9:30 Swatter Ball (2F) 10:30 Daily Chronicles (1F) 1:00 Virtual Visits (1F, 2F) 2:00 Table Top Curling (1F, 2F) 2:00 Humour Therapy (1F) 3:00 Walking Program/Patio Chats (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Patio Chats (1F) 10:30 Chair Yoga (1F) 1:00 Creative Corner (1F, 2F) 2:00 Card Games (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Memory Tray Game (2F) 10:30 Ring Toss (1F) 1:00 Creative Corner (1F, 2F) 2:00 Hole in One (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Bull's Eye Bounce (1F) 10:30 Seated Stretching (1F) 11:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Black Jack (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 9:30 Daily Chronicles (1F) 10:30 Remembering the 60's (1F) 1:00 Creative Corner (1F, 2F) 2:00 Jenga! (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>World Indigenous Day 9:30 Indigenous Art Therapy (1F) 10:30 Moving Through Oz Game (2F) 1:00 Creative Corner - Creative Colouring (1F, 2F) 2:00 Knitting/Crochet Club (1F) 2:00 Noodle Balloon Toss (2F) 3:00 Bingo - 1st Floor (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>
<div>9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Creative Corner - Make Flower Arrangements (1F, 2F) 2:00 Sunshine and Sundae's (1F, 2F) 3:00 Walking Program/Ring Toss (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 9:30 Curling (1F) 10:30 Good News Stories (2F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Highland Dancers (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Dominos (1F) 10:30 Chair Yoga (2F) 1:00 Creative Corner (1F, 2F) 2:00 Unexplained Mysteries (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Who Am I? (1F) 10:30 Humour Therapy (2F) 1:00 Creative Corner (1F, 2F) 2:00 Not Quite Beer Pong (1F, 2F) 2:00 Virtual Reality Fun!! (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Trivia: Younger or Older than 1985? (1F) 10:30 Seated Stretching (2F) 11:00 Catholic Church Service (1F, 2F) 1:00 Calm Colouring (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Summer Aromatherapy (1F) 3:30 Turkey Visits! (1F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 9:30 Strolls (1F, 2F) 12:00 BBQ Lunch Club (2nd Floor) (2F) 1:00 Creative Corner- Creative Coloring (1F, 2F) 2:00 Wii Bowling (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Hangman (1F) 10:30 Riddle Me This (1F) 1:00 Creative Corner (1F, 2F) 2:00 Hand Massage (1F, 2F) 3:00 Walking Program (1F, 2F) 3:00 Bingo - 2nd Floor (2F) 6:00 Friendly Visits (1F, 2F)</div>
<div>9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Creative Corner (1F, 2F) 2:00 Who, What, Where (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 9:30 Name that Tune (2F) 10:30 Strolls (1F, 2F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner - Life Size Jenga (1F) 2:00 Residents' Council (1F, 2F) 2:00 Reading Circle (2F) 3:00 Shuffleboard/Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Bread Making (1F) 10:30 Chair Yoga (1F) 1:00 Creative Corner - Orange Julius (1F, 2F) 2:00 Loaf and Laugh! (1F, 2F) 2:00 Hole in One (1F, 2F) 3:00 Walking Program/Word Games (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Color Quest (2F) 10:30 EZ Trivia (1F) 1:00 Creative Corner-Crayola Craft (1F, 2F) 2:00 Fresh Peach Social (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 White Board Games (1F) 10:30 Seated Stretching (1F) 11:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner - Wheel of Fortune (1F, 2F) 2:00 Root Beer Floats (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 10:30 Creative Arts (1F, 2F) 1:00 Creative Corner - Card Games (1F, 2F) 2:00 Humane Society Visits (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Skip Bo (1F) 10:03 Have You Ever? (2F) 1:00 Creative Corner- Wheel of Fortune (1F, 2F) 2:00 Knitting/Crochet Club (1F) 2:00 The Yellow Brick Road Music (2F) 3:00 Bingo - 1st Floor (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>
<div>9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Creative Corner - Aromatherapy Summer Edition (1F, 2F) 2:00 Jiggly Jello Creations (1F, 2F) 3:00 Walking Program/Patio Chats (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 10:30 Good News Stories (2F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner- Sun Catchers (1F, 2F) 2:00 Shuffle Board (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>International Dog Day 9:30 Bullseye Bounce (1F) 10:30 Chair Yoga (2F) 1:00 Creative Corner (1F, 2F) 2:00 Black Jack (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Dominos (1F) 10:30 Wild Edibles (1F) 1:00 Creative Corner (1F, 2F) 2:00 Trouble Board Game (2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:30 Lucky Strike! (1F) 10:30 Seated Stretching (2F) 11:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Dice Games (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program/Bubble Fun! (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div>9:15 Front Entrance Watering (1F) 10:30 Yahtzee (2F) 1:00 Creative Corner (1F, 2F) 1:00 Hair Salon Appointments (1-4pm) (1F, 2F) 3:00 Labor Day Raffle & Social (1F, 2F) 6:00 Friendly Visits (1F, 2F) 10:30 Yahtzee (1F, 2F)</div>	<div>9:30 Coffee Chats (1F, 2F) 10:30 Strolls (1F, 2F) 1:00 Creative Corner (1F, 2F) 1:00 Hangman (1F) 3:00 Walking Program (1F, 2F) 3:00 Bingo - 2nd Floor (2F) 6:00 Friendly Visits (1F, 2F)</div>
<div>9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Creative Corner (1F, 2F) 2:00 Pictionary (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)</div>	<div><u>Home Areas Legend</u> First Floor (1F) Second Floor (2F) Shared</div>	A realistic illustration of three ripe, red and yellow peaches with green leaves.	A large, stylized word art illustration of the word "August" in a yellow, bubbly font, decorated with green leaves, pink flowers, and a small basket of fruit.		A realistic illustration of a whole green watermelon with a slice cut out, showing the red flesh and black seeds.	