
















July 2025

West Park Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home Areas Legend First Floor (1F) Second Floor (2F) Shared 	Attn: Residents, Staff, and Families, The Programs Department is compiling the "West Park Recipe Book." If you'd like to contribute a recipe, please contact the Programs Team. All proceeds from sales will support resident programming!!	9:30 Calendar Delivery (1F, 2F) 10:30 Chair Yoga (2F) 1:00 Creative Corner (1F, 2F) 2:00 Canada Day Social!! (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Celebrity of the month (1F) 10:30 Garden Trivia (1F) 1:00 Creative Corner (1F, 2F) 2:00 West Park Recipe Book (1F, 2F) 2:00 Dangerous Summer Attractions (2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Bee Word Challenge (1F) 10:30 Seated Stretching (2F) 1:00 Creative Corner (1F, 2F) 2:00 Snow Cone 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 Bullseye Bounce (1F, 2F) 10:30 July Word Search (1F) 1:00 Creative Corner (1F, 2F) 2:00 Shuffleboard (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Humor Therapy (1F, 2F) 10:30 Strolls (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Hangman (1F) 3:00 Walking Program (1F, 2F) 3:00 Christmas in July Bingo - 1st Floor (1F) 6:00 Friendly Visits (1F, 2F)
9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Popsicle Party (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:15 Front Entrance Watering (1F) 9:30 Lucky 7 Dice Game (2F) 10:30 Compound Your Memory (1F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner-Meditation Music (1F, 2F) 2:00 What's the Scoop? News Stories (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Patio Chats (1F) 10:30 Chair Yoga (1F) 1:00 Creative Corner (1F, 2F) 2:00 Courtyard Bocce Ball (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Left, Right, Christmas in July (2F) 10:30 Swatter Ball (1F) 1:00 Creative Corner (1F, 2F) 2:00 Strolls (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Hangman- Classic Movies (1F) 10:30 Seated Stretching (1F) 1:00 Creative Corner (1F, 2F) 2:00 Let's Explore New Zealand! (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:15 Front Entrance Watering (1F) 10:30 Hangman (2F) 1:00 Creative Corner (1F, 2F) 2:00 A Beachy Christmas Bash! (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Patio Chats (1F) 10:30 Word Search Puzzles (2F) 1:00 Orange Julius! (1F, 2F) 2:00 Knitting/Crochet Club (1F) 3:00 Walking Program (1F, 2F) 3:00 Christmas in July Bingo - 2nd Floor (2F) 6:00 Friendly Visits (1F, 2F)
9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner- Crayola Craft (1F, 2F) 2:00 Sunshine and Sundae's (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:15 Front Entrance Watering (1F) 10:30 Ring Toss (2F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner- Which Picture Fits here? (1F, 2F) 2:00 Hole in One (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Daily Chronicles (2F) 10:30 Chair Yoga (2F) 1:00 Creative Corner (1F, 2F) 2:00 Virtual Nature Tours (1F) 2:00 Dominos (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Good News Stories (2F) 10:30 Creative Crafts (1F) 1:00 Creative Corner- Pinata Craft (1F, 2F) 2:00 Summer-themed Karaoke (2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Dice Games (1F) 10:30 Seated Stretching (2F) 1:00 Creative Corner (1F, 2F) 2:00 Garden Party with Pineapples (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:15 Front Entrance Watering (1F) 12:00 BBQ Lunch Club (1st) (1F) 1:00 Creative Corner (1F, 2F) 2:00 Humane Society Visits (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Pictionary (1F) 10:30 Curling (1F) 1:00 Creative Corner (1F, 2F) 2:00 Groovy Tie Dying (2F) 3:00 Walking Program (1F, 2F) 3:00 Christmas in July Bingo - 1st Floor (1F) 6:00 Friendly Visits (1F, 2F)
9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Courtyard Wine Tasting (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:15 Front Entrance Watering (1F) 9:45 Bull's Eye Bounce (2F) 10:30 Dice Games (1F) 1:00 Virtual Visits (1F, 2F) 2:00 Residents' Council (1F, 2F) 2:00 Sing Along Road Trip Summer Hits (2F) 3:00 Walking Program/Strolls (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Ring Toss (1F) 10:30 Chair Yoga (1F) 1:00 Creative Corner (1F, 2F) 2:00 BeaverTails Food Truck!! (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Poetry Reading (2F) 10:30 Memory Lane TV (1F) 1:00 Creative Corner (1F, 2F) 2:00 Live Music W/ Bonnie James & Bday Bash! (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Flower Colouring (2F) 10:30 Seated Stretching (1F) 1:00 Creative Corner (1F, 2F) 2:00 Then & Now! (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:15 Front Entrance Watering (1F) 1:00 Creative Corner (1F, 2F) 1:00 Hair Salon Appointments (1-4pm) (1F, 2F) 2:00 Sunshine and Shenanigans (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	9:30 Baker's Club (1F) 10:30 Swatter Ball (2F) 1:00 Creative Corner- Mini Cornhole (1F, 2F) 2:00 Knitting/Crochet Club (1F) 3:00 Walking Program (1F, 2F) 3:00 Christmas in July Bingo - 2nd Floor (2F) 6:00 Friendly Visits (1F, 2F)
9:30 New Hope Church Niagara (1F) 10:30 Hymn Sing (2F) 1:00 Catholic Church Service (1F, 2F) 1:00 Creative Corner-Painting (1F, 2F) 2:00 Smoothie Social (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:15 Front Entrance Watering (1F) 10:30 Humour Therapy (1F) 1:00 Virtual Visits (1F, 2F) 1:00 Creative Corner (1F, 2F) 2:00 Bocce Ball (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Connect 4 (1F) 10:30 Chair Yoga (2F) 1:00 Creative Corner (1F, 2F) 2:00 Board Games (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Summer Movie Matinee (1F, 2F) 	9:30 Shuffleboard (2F) 10:30 Who Am I? (1F) 1:00 Creative Corner (1F, 2F) 2:00 Collage Creation (1F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F)	9:30 Golden Ages: Feel Good Stories (1F) 10:45 Port Dalhousie Trip (10:45am-1:00pm) (1F, 2F) 3:00 Tuck Cart - All Floors (1F, 2F) 3:00 Walking Program (1F, 2F) 6:00 Friendly Visits (1F, 2F) 	103 Pelham Road, St. Catharines, ON L2S 1S9	