

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2021

West Park Health Centre

- Physically Distant Hymn Singing 10 a.m
- One-to-One Activities with Natalie & Justine



- Welcome Back Ashely!! Rolling Cart Social – 10 a.m.
- Yahtzee with Tom and Ashely – 2 p.m.



- Brad Boland! Live in the Courtyard 10:30 a.m.
- Chair exercise with Justine



- Hawaiian Social with Tom and Ashely 10:30
- Bingo with Tom & Ashley - 2 p.m.



- Drom Exercise with Natalie 10 a.m. 1st Floor, 10:30 a.m. 2nd Floor
- Short Stories with Ashely
- Music and Memories with Natalie & Ashely 2 p.m.
- Tuck Cart with Irene



- Outdoor Gardening with Tom 10 a.m.
- Travelling Ice Cream Cart 2 p.m.



- Outdoor Gardening / 10 Tom & Justine 10 a.m.
- Card and Board Games 2 p.m. with Tom and Justine



- Physically Distant Hymn Singing 10 a.m
- Mini Put with Tom & Justine



- Drom Exercise with Natalie 10 a.m. 1st Floor, 10:30 a.m. 2nd Floor
- Watercolour Crafts - Ashley & Natalie 2pm



- St. Catharines & Welland Canal Museum at Lock 3 Trip (Open to fully vaccinated 2nd floor residents only. sign up required)



- Morning Walks with Tom & Ashley
- Bingo with Tom & Ashley - 2 p.m



- Travelogue – Cottage Country with Tom & Ashley 10 a.m. & 2 p.m.
- Tuck Cart with Irene



- Short Stories with Tom and Justine 10 a.m.
- Travelling Ice Cream Cart 2 p.m.



- Patio Chats with Natalie and Ashley 10 a.m.
- Card & Board Games 2 p.m. Natalie & Ashley



- Physically Distant Hymn Singing 10 a.m
- One-to-One Activities with Ashely & Natalie



- Crafts with Tom & Ashely 10:30 a.m.
- Music Trivia with Tom & Ashely 2 p.m.
- Resident Council Meeting 2 p.m.



- Port Dalhousie Trip (Open to fully vaccinated 1st floor residents only, sign up required)



- Morning Walks with Tom & Ashley
- Bingo with Tom & Ashley - 2 p.m



- Drom Exercise with Natalie 10 a.m. 1st Floor, 10:30 a.m. 2nd Floor
- Music and Memories with Natalie 2 p.m.



- Outdoor Gardening with Tom 10 a.m.
- Travelling Ice Cream Cart 2 p.m.



- Patio Chats with Tom & Justine 10 a.m.
- Movie Matinee to Celebrate "World Cowboy Day" 2 p.m.



- Physically Distant Hymn Singing 10 a.m
- One-to-One Activities with Tom & Justine



- Drom Exercise with Natalie 10 a.m. 1st Floor, 10:30 a.m. 2nd Floor



- Brad Boland! Live in the Courtyard 10:30 a.m.
- Balloon Badminton w/ Tom & Ashley 2 p.m.



- Morning Walks with Tom & Ashley
- Bingo with Tom & Ashley - 2 p.m.



- Family Feud w Tom Ashley 10 a.m.
- Painting Scenery with Tom and Asley 2 p.m.
- Tuck Cart with Irene



- Ez Does it Trivia with Tom and Ashley 10 a.m.
- July Birthday's Rolling Cart 2 p.m.



- Patio Chats with Natalie and Ashley 10 a.m.
- Card & Board Games 2 p.m. Natalie & Ashley

