



September 2021

West Park Health Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 a.m. – Morning Visits 10:00 a.m. – Bread Making 10:30 a.m. – Hymn Sing 1:45 p.m. – Room Visits 2:00 p.m. – Bread & Butter Rolling Cart 3:00 p.m. – Montessori activities</p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – DROM 1st Floor 10:30 a.m. – Montessori 1:15 p.m. – Group Exercise with PT – 2st Floor 10:00 a.m. – DROM 1:45 p.m. – Room Visits 2:00 p.m. – Labour Day Cart 3:00 p.m. – Short Stories <small>Labour Day Rosh Hashanah Begins</small></p>	<p>9:30 a.m. – Morning Visit 10:00 a.m. – Montessori 10:30 a.m. – Brad Boland 1:45 p.m. – Room Visits 2:00 p.m. – Noodle Ball 3:00 p.m. – Room Visits  3:00 p.m. – Friendly Visits</p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – Outdoor Strolls 10:30 a.m. – Montessori 10:30 a.m. – Group Exercise with PT – 2st Floor 1:45 p.m. – Room Visits 2:00 p.m. – Bingo 3:00 p.m. – Hand Massages</p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – DROM 1st Floor 10:30 a.m. – Montessori 1:45 p.m. – Room Visits 2:00 p.m. – Short Stories 3:00 p.m. – Tuck Cart </p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – EZ Trivia 10:30 a.m. – Montessori 1:15 p.m. – Group Exercise with PT – 2st Floor 1:45 p.m. – Room Visits 2:00 p.m. – Knitting Club 3:00 p.m. – Music & Memory</p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – Fall Gardening 10:30 a.m. – Montessori 1:45 p.m. – Room Visits 2:00 p.m. – Spa Cart 3:00 p.m. – EZ Trivia</p>
<p>9:30 a.m. – Morning Visits 10:00 a.m. – Hymn Sing 10:30 a.m. – Patio Chats 1:45 p.m. – Room Visits 2:00 p.m. – Grandparents Day Celebrations 3:00 p.m. – Montessori <small>Grandparents Day</small></p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – Bus Trip – First Floor: Port Dalhousie 12:00 p.m. – Pizza Lunch to Celebrate Resident's Council Week 1:15 p.m. – Group Exercise with PT – 2st Floor</p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – Daily Chronicles 10:30 a.m. – Montessori activities 1:45 p.m. – Room Visits 2:00 p.m. – Hallway Bowling 3:00 p.m. – Room Visits</p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – Outdoor Strolls 10:30 a.m. – Montessori 10:30 a.m. – Group Exercise with PT – 2st Floor 1:45 p.m. – Room Visits 2:00 p.m. – Bingo 3:00 p.m. – Hand Massages <small>Yom Kippur Begins</small></p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – DROM 1st Floor 10:30 a.m. – Montessori 1:45 p.m. – Room Visits 2:00 p.m. – Crafter's Corner 3:00 p.m. – Tuck Cart </p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – Fall Gardening 10:30 a.m. – Marc Corman! Live in the Courtyard 1:45 p.m. – Room Visits 1:15 p.m. – Group Exercise with PT – 2st Floor 2:00 p.m. – International Country Music Day – Music & Memory – Country Edition 3:00 p.m. – Grape & Wine decorating</p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – Oktoberfest Trivia 10:30 a.m. – Travelogue – Munich Germany 1:45 p.m. – Room Visits 2:00 p.m. – Beer & Pretzel Rolling Cart 3:00 p.m. – Montessori <small>Oktoberfest Begins</small></p>
<p>9:30 a.m. – Morning Visits 10:00 a.m. – Mr. Christies Cookies 10:30 a.m. – Hymn Sing 1:45 p.m. – Room Visits 2:00 p.m. – Cookie Rolling Cart 3:00 p.m. – Montessori</p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor All Day – Federal Election • Recreation will porter residents all day to the polling station 10:00 a.m. – DROM 1st Floor 1:15 p.m. – Group Exercise with PT – 2st Floor <small>Sukkot Begins</small></p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – Mini Putt 10:30 a.m. – World Alzheimer's Day Activities 1:45 p.m. – Happy Birthday, Stephen King! Trivia with Tom 2:00 p.m. – Stephen King Movie – Resident's Choice 3:00 p.m. – Room Visits World Alzheimer's Day</p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – Outdoor Strolls 10:30 a.m. – Group Exercise with PT – 2st Floor 10:30 a.m. – Montessori 12:00 p.m. – Lunch Bunch - Beamsville Fish & Chips 1:45 p.m. – Room Visits 2:00 p.m. – Bingo 3:00 p.m. – Hand Massages <small>Autumn Begins</small></p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – Bus Trip – Second Floor: Merritt Park 1:45 p.m. – Room Visits 2:00 p.m. – History Talk: The Welland Canal 3:00 p.m. – Tuck Cart </p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – Fall Gardening 10:30 a.m. – Montessori 1:15 p.m. – Group Exercise with PT – 2st Floor 1:45 p.m. – Room Visits 2:00 p.m. – Grape & Wine Crowing King & Queen 3:00 p.m. – Grape and Wine Rolling Cart</p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – Fall Gardening 10:30 a.m. – Montessori 1:45 p.m. – Room Visits 2:00 p.m. – Beer & Pretzel Rolling Cart 3:00 p.m. – Patio Chats</p>
<p>9:30 a.m. – Morning Visits 10:00 a.m. – Hymn Sing 10:30 a.m. – Patio Chats 1:45 p.m. – Room Visits 2:00 p.m. – Not Quite Jeopardy! 3:00 p.m. – Montessori</p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 9:30 a.m. – Morning Visit 10:00 a.m. – Ancestor Appreciation Day activity 1:15 p.m. – Group Exercise with PT – 2st Floor 1:45 p.m. – Room Visits 2:00 p.m. – September Birthday Rolling Cart 3:00 p.m. – Montessori</p>	<p>9:30 a.m. – Morning Visit 10:00 a.m. – EZ Trivia 10:30 a.m. – Brad Boland 1:45 p.m. – Room Visits 2:00 p.m. – Chair Soccer 3:00 p.m. – Montessori </p>	<p>9:30 a.m. – Group Exercise with PT – 1st Floor 10:00 a.m. – National Coffee Day – Coffee Rolling Cart 10:30 a.m. – Group Exercise with PT – 2st Floor 10:30 a.m. – Montessori 1:45 p.m. – Room Visits 2:00 p.m. – Bingo 3:00 p.m. – Hand Massages</p>	<p>9:30 a.m. – Morning Visits 10:00 a.m. – DROM 1st Floor 10:30 a.m. – Montessori 1:45 p.m. – Room Visits 2:00 p.m. – National Truth & Reconciliation Day 3:00 p.m. – Tuck Cart </p>	<ul style="list-style-type: none"> • Healthy Hands Hand Hygiene Program: Before Meal service HEALTHY HANDS • Resident's Council Week - Sept. 13th – 19th - Pizza Lunch to celebrate Monday September 13th at 12 p.m • Independent recreation and leisure activities are available to residents upon request. Ask Recreation Aide for details 	