

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

July 2020

West Park Health Centre, St. Catharines

				<p>10 a.m. - 11:00 a.m. 1 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Canada Day Beverage Cart <small>Canada Day</small></p>	<p>10 a.m. - 11:00 a.m. 2 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Music & Memories – Name That Tune</p>	<p>10 a.m. - 11:00 a.m. 3 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Summer Salad Group</p>	<p>10 a.m. - 11:00 a.m. 4 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Bingo <small>Independence Day (US)</small></p>
		<p>10 a.m. - 11:00 a.m. 5 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Hymn Sing</p>	<p>10 a.m. - 11:00 a.m. 6 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. “Sit a Bit” Conversation Cart</p>	<p>10 a.m. - 11:00 a.m. 7 Outdoor Family Visits and Virtual phone calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Bingo</p>	<p>10 a.m. - 11:00 a.m. 8 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Art Club</p>	<p>10 a.m. - 11:00 a.m. 9 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Music & Memories – Name That Tune</p>	<p>10 a.m. - 11:00 a.m. 10 Outdoor Family Visits Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Summer Salad Group</p>
<p>10 a.m. - 11:00 a.m. 12 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Hymn Sing</p>	<p>10 a.m. - 11:00 a.m. 13 Outdoor Family Visits Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. “Sit a Bit” Conversation Cart</p>	<p>10 a.m. - 11:00 a.m. 14 Outdoor Family Visits and Virtual phone calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Bingo</p>	<p>10 a.m. - 11:00 a.m. 15 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Art Club</p>	<p>10 a.m. - 11:00 a.m. 16 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Music & Memories – Name That Tune</p>	<p>10 a.m. - 11:00 a.m. 17 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Summer Salad Group</p>	<p>10 a.m. - 11:00 a.m. 18 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Bingo</p>	
<p>10 a.m. - 11:00 a.m. 19 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Hymn Sing</p>	<p>10 a.m. - 11:00 a.m. 20 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. “Sit a Bit” Conversation Cart</p>	<p>10 a.m. - 11:00 a.m. 21 Outdoor Family Visits and Virtual phone calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Bingo</p>	<p>10 a.m. - 11:00 a.m. 22 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Art Club.</p>	<p>10 a.m. - 11:00 a.m. 23 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Music & Memories – Name That Tune</p>	<p>10 a.m. - 11:00 a.m. 24 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Summer Salad Group</p>	<p>10 a.m. - 11:00 a.m. 25 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Bingo</p>	
<p>10 a.m. - 11:00 a.m. 26 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Hymn Sing</p>	<p>10 a.m. - 11:00 a.m. 27 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. “Sit a Bit” Conversation Cart</p>	<p>10 a.m. - 11:00 a.m. 28 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Physically Distant Bingo</p>	<p>10 a.m. - 11:00 a.m. 29 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Art Club</p>	<p>10 a.m. - 11:00 a.m. 30 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. Music & Memories – Name That Tune</p>	<p>10 a.m. - 11:00 a.m. 31 Outdoor Visits & Virtual Phone Calls</p> <p>1:45 p.m. – 2:15 p.m. Outdoor or Friendly Visits</p> <p>2: 30 p.m. July Birthday Rolling Cart</p>	<p>Independent Recreation and Leisure activities are available! Ask recreation staff for more information</p>	

Physically distant programs are located either in the hallways or in the dining room. Family visits are by appointment, located outside in the Courtyard.