

January Therapeutic Recreation Weekly Program Calendar for Birch Trail

Recreation Therapist: Amanda Email: agiles@sjv.on.ca

January 29th—4th 2024

Mass: Monday—Thursday @ 9:30am & 10:00am on Sunday in the Chapel

Monday, January 29th	Tuesday, January 30th	Wednesday, January 31st	Thursday, February 1st	Friday, February 2nd	Saturday, February 3rd	Sunday, February 4th
9:30 Fall Prevention Exercises (BT)		9:30 Fall Prevention Exercises (BT)	10:00 Valentine's Decorating (BT)	9:30 Fall Prevention Exercises (BT)		
1:45 Matching Game (BT)		10:00 Name that Tune (BT)	2:00 Celebrating Black History (BT)	10:00 Travelogue (BT)		
6:15 Snoezelen Sessions (BT)		2:00 Bingo (BT)		2:00 Movement to Music (BT)		