









# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>January Therapeutic Recreation Program Calendar for Birch Trail</b></p> <p><b>Recreation Therapist: Amanda Email: <a href="mailto:agiles@sjv.on.ca">agiles@sjv.on.ca</a></b></p> <p><b>*Programs are subject to change without notice*</b></p>			<p><b>1 Happy New Year!</b> 10:15 Fall Prevention Exercises (BT) 11:30 Music Selection (BT) 2:00 Sensory Sessions (BT)</p>	<p>2 9:30 Mass 9:45 Mini Mani's (BT) 2:00 Bingo (BT)</p>	<p>3 10:15 Fall Prevention Exercises (BT) 10:30 Protestant Service (Chapel) 11:30 Trivial Pursuit (BT)</p>	<p>4</p> 
<p>5 10:15 Mass (Chapel)</p> 	<p>6 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Finishing Lines (BT) 2:00 Afternoon Tea (BT)</p>	<p><b>7 Orthodox Christmas</b> 9:30 Mass 9:45 Montessori Activities (BT) 2:00 Live Entertainment (BT) <b>2:00 Bingo (A)</b></p>	<p>8 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Holiday Take Down (BT) <b>2:00pm Resident's Council (Zoom)</b> <b>6:30 Men's Club (CnL)</b></p>	<p>9 9:30 Mass <b>2:00 Golden Girls Club (CnL)</b> 6:30 Sing Along (BT)</p>	<p>10 10:15 Fall Prevention Exercises (BT) 10:30 Protestant Service (Chapel)</p> 	<p>11 10:00 Bowling (BT/OG) 2:00 Ball Yoga (BT)</p>
<p>12 10:00 Spiritual Service (BT) 10:15 Mass (Chapel) 2:00 Pet Therapy (BT)</p>	<p>13 9:30 Mass 10:15 Fall Prevention Exercises (BT) 1:45 Hangman (BT) 4:00 Sensory Sessions (BT)</p>	<p>14 9:30 Mass</p> 	<p>15 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 EZ Does It Trivia (BT) 2:00 Bingo (BT)</p>	<p>16 9:30 Mass 9:45 Mini Mani's (BT) <b>2:00 Live Entertainment with Aidan Purnell (A)</b></p>	<p>17 10:15 Fall Prevention Exercises (BT) 10:30 Protestant Service (Chapel) 11:30 Java Time (BT) 2:00 Target Toss (BT)</p>	<p>18</p> 
<p>19 10:15 Mass (Chapel)</p> 	<p>20 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Hangman (BT) 2:00 Mind Joggers (BT)</p>	<p>21 9:30 Mass 9:45 Mini Mani's (BT) 3:15 Mindful Meditation (BT)</p>	<p>22 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Travelogue (BT) 2:00 Picture Bingo (BT) <b>6:30 Men's Club (CnL)</b></p>	<p>23 9:30 Mass <b>2:00 Magic Show (A)</b> 6:30 Snoezelen Visits (BT)</p>	<p>24 9:30 Mass 10:15 Fall Prevention Exercises (BT)</p> 	<p>25 10:00 Bowling (BT/OG) 2:00 Finishing Phrases (BT)</p>
<p>26 10:00 Spiritual Service (BT) 10:15 Mass (Chapel) 2:00 Pet Therapy (BT)</p>	<p>27 9:30 Mass 10:15 Fall Prevention Exercises (BT) 1:45 Word Games (BT) 4:00 Friendly Visits (BT)</p>	<p>28 9:30 Mass</p> 	<p>29 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Fill In the Blanks (BT) 2:00 Picture Painting (BT)</p>	<p>30 9:30 Mass 9:45 Guessing Game (BT)</p>	<p>31 9:30 Mass 9:45 Montessori Activities (BT) 10:15 Fall Prevention Exercises (BT) 2:00 Live Entertainment (BT)</p>	