

Sunday

Monday

Tuesday











Wednesday

Thursday

Friday

Saturday

August 2025

August 2025					1 10:15 Fall Prevention Exercises 11:30 Sing Along (BT) 2:00 Patio Pleasantries (BT)	2 
3 10:00 Mass 	4 Civic Holiday 10:00 Tricky Trivia (BT) 2:00 Music & Popsicles on the Patio (BT)	5 9:45 Ball Yoga (BT) 3:15 Fresh Air Friends (BT)	6 10:15 Fall Prevention Exercises 2:00 Root Beer Float's & Live Music (A) 6:30 Men's Club (CnL)	7 	8 10:15 Fall Prevention Exercises (BT) 	9 
10 10:00 Mass 	11 10:15 Fall Prevention Exercises (BT) 	12 	13 10:15 Fall Prevention Exercises (BT) 11:30 Name that Vintage Object (BT) 2:00 Pet Therapy (BT)	14 10:00 Guessing Game (BT) 2:00 Bingo (BT) Dundas Cactus Festival Parade	15 10:15 Fall Prevention Exercises (BT) 11:30 Montessori Activities (BT) 2:00 Live Entertainment with Kim Atkins (BT)	16 
17 10:00 Mass 	18 10:15 Fall Prevention Exercises (BT) 	19 10:00 Finishing Phrases (BT) 2:00 Colouring Corner (BT)	20 10:15 Fall Prevention Exercises (BT) 11:30 Sing Along (BT) 2:00 Hangman (BT) 6:30 Men's Club (CnL)	21 	22 10:15 Fall Prevention Exercises (BT) 	23 
24 10:00 Mass 	25 10:15 Fall Prevention Exercises (BT) 	26 2:00 Bingo (A) 	27 10:15 Fall Prevention Exercises (BT) 11:30 Name that Tune (BT) 2:00 Picture Bingo (BT)	28 11:30 August IQ (BT) 2:00 Live Entertainment with Michael Cavan (BT) 6:00 Campfire (A Parking Lot)	29 9:30 Mini Mani's (BT) 10:15 Fall Prevention Exercises (BT) 2:00 Pet Therapy (BT)	30 
31 10:00 Mass 	Therapeutic Recreation Programs and Services Calendar for Birch Trail					
Recreation Therapist: Amanda Email: a_giles@sjv.on.ca						

Mass: Monday – Thursday at 9:30am & 10:00am on Sunday in the Chapel

Programs are subject to change without notice