

Sunday

Monday

Tuesday

Wednesday

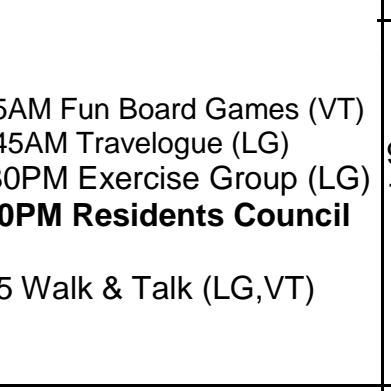
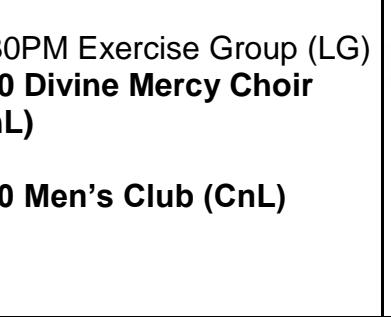
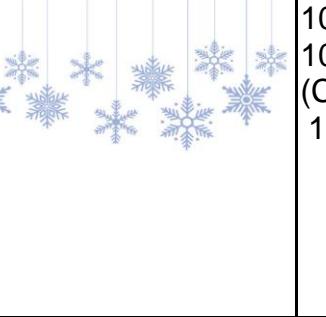
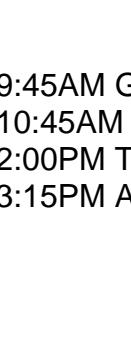
Thursday

Friday

Saturday

# January 2026

## Therapeutic Recreation Programs & Services for Lilac Garden

	<b>4</b> 10:45AM Paddy's Clothing Shop (CnL) 10:45PM Ball Toss Fun (LG) 1:30PM Exercise Group (LG) 2:00PM Meditation Group (VT) 3:15PM Montessori Activity (LG)	<b>5</b> 9:30AM Mass(C) 1:45PM Susie Q (VT) 3:15 Bingo (LG) 4:00 Snoezelen (SR) 6:15PM Manicure Nights (LG)	<b>6</b> 1:30PM Exercise Group(LG) <b>6:30PM Men's Club (CnL)</b>	<b>7</b> 	<b>8</b> 	<b>1</b> 9:45AM Monthly Gazette (VT) 10:45AM Famous Faces (LG) <b>2:00 New Year's Day Entertainment with Mike Woods (A)</b>	<b>2</b> 10:00AM Virtual Church (LG) 10:30AM United Service (C) 1:30PM Exercise Group (LG) 2:00 Holy hour(C) 2:00PM Ball Toss (VT) 3:15PM Aromatherapy (LG)	
9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)	<b>11</b> 1:30PM Exercise Group (LG)	<b>12</b> 	<b>13</b> 9:30 Mass 9:45AM Paddy's Clothing Shop (CnL) 10:45PM Ball Toss Fun (LG) 2:00PM Euchre Group (VT) 3:15PM Bingo (VT)		<b>15</b> 9:45 Library Visits (CnL) 10:45 Word Mining (LG)	<b>9</b> 10:45 Balloon Badminton (LG) 10:30AM Worship Service(C) 1:30PM Exercise Group (LG) 2:00PM Music Trivia (VT) 3:15P Montessori Activities (LG)	<b>10</b> 10:00 Bowling (BA) 1:45PM You be the Judge (VT) 2:45PM Meditation Group (LG)	
	<b>18</b> 9:45AM Susie Q (VT) 10:45AM Matching Game (LG) 1:30PM Exercise Group (LG) <b>2:15pm Ron Russel Performance (LG)</b>	<b>19</b> 9:30AM Mass(C) 1:45PM You be the Judge (VT) 3:15 Bingo (LG) 4:00 Library Visits (CnL) 6:15PM Manicure Nights (LG)	<b>20</b> 	<b>21</b> 1:30PM Exercise Group (LG) <b>2:00 Divine Mercy Choir (CnL)</b> <b>6:30 Men's Club (CnL)</b>		<b>22</b> 10:45 Ball Toss (LG) 10:30AM Anglican Service (C) 1:30PM Exercise Group (LG)	<b>16</b> <b>2:00 Live Entertainment with Russ Weil (A)</b>	
								
9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)	<b>25</b> 1:30PM Exercise Group (LG)	<b>26</b> 	<b>27</b> 9:30 Mass 9:45AM Paddy's Clothing Shop (CnL) 10:45PM Ball Toss Fun (LG) 2:00PM Euchre Group (VT) 3:00PM Bingo (VT)		<b>28</b> 9:45PM Music Interlude (LG) 10:45PM Remember When VT) 1:30PM Exercise Group (LG) 2:00PM Hand Message (LG) 3:15 Snoezelen (SR)	<b>29</b> 9:45AM Games hour (VT) 10:45AM Travelodge (LG) 2:00PM Trivia Mania (VT) 3:15PM Aromatherapy (LG)	<b>30</b> 10:00AM Virtual Church (LG) 10:30AM United Service (C) 1:30PM Exercise Group (LG) 2:00PM Balloon Badminton (VT) 3:15PM Aromatherapy (LG)	

Legend: A- Auditorium

CnL- Conservatory Lounge

VT- Valley Trail

LG- Lilac Garden

\*Programs are subject to change without notice\*

Recreation Therapist: Jason

Email: j\_barros@sjv.on.ca