

Sunday

Monday

Tuesday

Wednesday











Thursday

Friday

Saturday

# January 2026

Therapeutic Recreation Programs & Services for Lilac Garden

<h1>January 2026</h1> <h2>Therapeutic Recreation Programs &amp; Services for Lilac Garden</h2>				<div>9:45AM Monthly Gazette (VT) 10:45AM Famous Faces (LG) <b>2:00 New Year's Day Entertainment with Mike Woods (A)</b></div> <div>New Year's Day</div>	<div>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)</div>	
<div></div>	<div>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)</div>	<div>9:30AM Mass(C) 1:45PM Susie Q (VT) 3:15 Bingo (LG) 4:00 Snoezelen (SR) 6:15PM Manicure Nights (LG)</div>	<div>1:30PM Exercise Group(LG) <b>6:30PM Men's Club (CnL)</b></div> <div></div>	<div></div>	<div>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)</div>	<div>10:00 Bowling (BA) 1:45PM You be the Judge (VT) 2:45PM Meditation Group (LG)</div>
<div>9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette (LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)</div>	<div>1:30PM Exercise Group (LG)</div> <div></div>	<div>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)</div>	<div>9:45AM Fun Board Games (VT) 10:45AM Travelogue (LG) 1:30PM Exercise Group (LG) <b>2:00PM Residents Council (A)</b> 3:15 Walk &amp; Talk (LG,VT)</div>	<div>9:45 Library Visits (CnL) 10:45 Word Mining (LG)</div>	<div>10:00AM Virtual Church(LG) 10:30AM Presbyterian Service (C) 1:30PM Exercise Group (LG) 2:00PM Target Toss (VT) 3:15PM Meditation Group (LG)</div>	<div><b>2:00 Live Entertainment with Russ Weil (A)</b></div> <div></div>
<div></div>	<div>9:45AM Susie Q (VT) 10:45AM Matching Game (LG) 1:30PM Exercise Group (LG) <b>2:15pm Ron Russel Performance (LG)</b></div> <div>Martin Luther King Jr. Day</div>	<div>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)</div>	<div>1:30PM Exercise Group (LG) <b>2:00 Divine Mercy Choir (CnL)</b> <b>6:30 Men's Club (CnL)</b></div>	<div></div>	<div>10:45 Ball Toss (LG) 10:30AM Anglican Service (C) 1:30PM Exercise Group (LG)</div>	<div>10:00 Bowling (BA) <b>2:00 Live Entertainment with Ronnie Russell (A)</b></div>
<div>9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette (LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)</div>	<div>1:30PM Exercise Group (LG)</div> <div></div> <div>Australia Day (Observed)</div>	<div>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)</div>	<div>9:45PM Music Interlude (LG) 10:45PM Remember When (VT) 1:30PM Exercise Group (LG) 2:00PM Hand Message (LG) 3:15 Snoezelen (SR)</div>	<div>9:45AM Games hour (VT) 10:45AM Travelodge (LG) 2:00PM Trivia Mania (VT) 3:15PM Aromatherapy (LG)</div>	<div>10:00AM Virtual Church (LG) 10:30AM United Service (C) 1:30PM Exercise Group (LG) 2:00PM Balloon Badminton (VT) 3:15PM Aromatherapy (LG)</div>	<div></div>

**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