

Sunday

Monday

Tuesday

Wednesday










Thursday

Friday

Saturday

January 2026

Therapeutic Recreation Programs & Services for Valley Trail

				<p>9:45AM Monthly Gazette (VT) 10:45AM Famous Faces (LG) 2:00 New Year's Day Entertainment with Mike Woods (A)</p> <p>New Year's Day</p>		<p>10:00AM Virtual Church(LG) 10:30AM United Service (C) 2:00 Holy hour(C) 2:00PM Ball Toss (VT) 3:15PM Aromatherapy (LG)</p> 
	<p>10:45AM Paddy's Clothing Shop (CnL) 10:45PM Ball Toss Fun (LG) 11:00AM Exercise Group(LG) 2:00PM Meditation Group(VT) 3:15PM Montessori Activity (LG)</p>	<p>9:30AM Mass(C) 1:45PM Susie Q (VT) 3:15 Bingo (LG) 4:00 Snoezelen (SR) 6:15PM Manicure Nights (LG)</p>	<p>11:00AM Exercise Group(LG) 6:30PM Men's Club (CnL)</p>		<p>10:45 Balloon Badminton (LG) 11:00AM Exercise Group(LG) 10:30AM Worship Service(C) 2:00PM Music Trivia (VT) 3:15P Montessori Activities (LG)</p>	<p>10:00 Bowling (BA) 1:45PM You be the Judge (VT) 2:45PM Meditation Group (LG)</p>
<p>9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette (LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)</p>		<p>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)</p>	<p>9:45AM Fun Board Games (VT) 10:45AM Travelogue (LG) 11:00AM Exercise Group(LG) 2:00PM Residents Council (A) 3:15 Walk & Talk(LG,VT)</p>	<p>9:45 Library Visits (CnL) 10:45 Word Mining (LG)</p>	<p>10:00AM Virtual Church(LG) 10:30AM Presbyterian Service (C) 11:00AM Exercise Group(LG) 2:00PM Target Toss (VT) 3:15PM Meditation Group(LG)</p>	<p>2:00 Live Entertainment with Russ Weil (A)</p> 
	<p>9:45AM Susie Q (VT) 10:45AM Matching Game (LG) 11:00AM Exercise Group(LG) 2:15pm Ron Russel Performance (LG)</p> <p>Martin Luther King Jr. Day</p>	<p>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)</p>	<p>11:00AM Exercise Group(LG) 2:00 Divine Mercy Choir (CnL) 6:30 Men's Club (CnL)</p>		<p>10:45 Ball Toss (LG) 10:30AM Anglican Service (C) 11:00AM Exercise Group(LG)</p>	<p>10:00 Bowling (BA) 2:00 Live Entertainment with Ronnie Russell (A)</p>
<p>9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette (LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)</p>	 <p>Australia Day (Observed)</p>	<p>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)</p>	<p>9:45PM Music Interlude(LG) 10:45PM Remember When (VT) 11:00AM Exercise Group(LG) 2:00PM Hand Message (LG) 3:15 Snoezelen(SR)</p>	<p>9:45AM Games hour (VT) 10:45AM Travelodge (LG) 2:00PM Trivia Mania (VT) 3:15PM Aromatherapy (LG)</p>	<p>10:00AM Virtual Church(LG) 10:30AM United Service (C) 11:00AM Exercise Group(LG) 2:00PM Balloon Badminton (VT) 3:15PM Aromatherapy (LG)</p>	

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