

Sunday

Monday

Tuesday

Wednesday

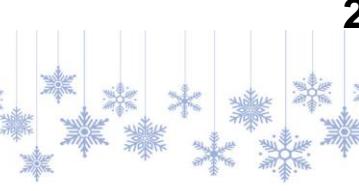
Thursday

Friday

Saturday

# January 2026

## Therapeutic Recreation Programs & Services for Valley Trail

	<b>4</b> 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)	<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> 11:00AM Exercise Group(LG) <b>6:30PM Men's Club (CnL)</b>	<b>7</b>		<b>8</b> 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)	<b>9</b> 10:00 Bowling (BA) 1:45PM You be the Judge (VT) 2:45PM Meditation Group (LG)	<b>10</b>
9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)	<b>11</b> 	<b>12</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>13</b> 9:45AM Fun Board Games (VT) 10:45AM Travelogue (LG) 11:00AM Exercise Group(LG) <b>2:00PM Residents Council (A)</b> 3:15 Walk & Talk(LG,VT)	<b>14</b> 9:45 Library Visits (CnL) 10:45 Word Mining (LG)	<b>15</b>	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)	<b>16</b> <b>2:00 Live Entertainment with Russ Weil (A)</b> 	<b>17</b>
	<b>18</b> 9:45AM Susie Q (VT) 10:45AM Matching Game (LG) 11:00AM Exercise Group(LG) <b>2:15pm Ron Russel Performance (LG)</b>  <small>Martin Luther King Jr. Day</small>	<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> 11:00AM 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) 11:00AM Exercise Group(LG)	<b>23</b> 10:00 Bowling (BA) <b>2:00 Live Entertainment with Ronnie Russell (A)</b>	<b>24</b>
9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette LG) 1:45PM Aromatherapy (VT) 3PM Music Interlude (LG)	<b>25</b>  <small>Australia Day (Observed)</small>	<b>26</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>27</b> 9:45PM Music Interlude(LG) 10:45PM Remember When VT) 11:00AM Exercise Group(LG) 2:00PM Hand Message (LG) 3:15 Snoezelen(SR)	<b>28</b>	9:45AM Games hour (VT) 10:45AM Travelodge (LG) 2:00PM Trivia Mania (VT) 3:15PM Aromatherapy (LG)	<b>29</b> 10:00AM Virtual Church(LG) 10:30AM United Service (C) 11:00AM Exercise Group(LG) 2:00PM Balloon Badminton (VT) 3:15PM Aromatherapy (LG)	<b>30</b> 	<b>31</b>

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