

Sunday

Monday

Tuesday

Wednesday










Thursday

Friday

Saturday

January 2026

Therapeutic Recreation Programs & Services for Birch Trail

<h1>January 2026</h1> <h2>Therapeutic Recreation Programs & Services for Birch Trail</h2>				<div>1</div> <div>9:30 Mass</div> <div>10:00 New Year Resolutions (BT)</div> <div>2:00 New Year's Day Entertainment with Mike Woods (A)</div> <div>New Year's Day</div>	<div>2</div> <div>9:45 Mini Mani's (BT)</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>10:30 St. Paul's United Service</div>	<div>3</div> <div></div>
<div>4</div> <div>10:00 Mass</div> <div></div>	<div>5</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>11:15 Finishing Lines (BT)</div> <div>2:00 Colouring Corner (BT)</div>	<div>6</div> <div>9:30 Mass</div> <div>9:45 Montessori Activities (BT)</div> <div>2:00 Pet Therapy (BT)</div>	<div>7</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>11:30 January IQ (BT)</div> <div>6:30 Men's Club (CnL)</div>	<div>8</div> <div>9:30 Mass</div> <div>1:45 Holiday Take Down (BT)</div> <div>6:30 Sing Along (BT)</div>	<div>9</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>10:30 Worship Service</div> <div></div>	<div>10</div> <div>10:00 Bowling (BT/OG)</div> <div>2:00 Ball Yoga (BT)</div>
<div>11</div> <div>10:00 Mass</div> <div>10:00 Spiritual Service (BT)</div> <div>2:00 Famous Faces (BT)</div>	<div>12</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>1:45 Guessing Game (BT)</div> <div>4:00 Friendly Visits (BT)</div>	<div>13</div> <div>9:30 Mass</div> <div></div>	<div>14</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>11:15 EZ Does it Trivia (BT)</div> <div>2:00 Live Entertainment with Aidan Purnell (BT)</div>	<div>15</div> <div>9:30 Mass</div> <div>11:15 Matching Game (BT)</div> <div>2:00 Bingo (BT)</div>	<div>16</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>10:30 Presbyterian Service</div> <div>11:15 Trivial Pursuit (BT)</div> <div>2:00 Colouring Corner (BT)</div>	<div>17</div> <div>2:00 Live Entertainment with Russ Weil (A)</div> <div></div>
<div>18</div> <div>10:00 Mass</div> <div></div>	<div>19</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>11:15 Brain Busters (BT)</div> <div>2:00 Giant Ball Game (BT)</div> <div>Martin Luther King Jr. Day</div>	<div>20</div> <div>9:30 Mass</div> <div>10:00 Mini Mani's (BT)</div> <div>2:00 Fill in the Blanks (BT)</div>	<div>21</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>11:15 Fun Facts (BT)</div> <div>2:00 Divine Mercy Choir (CnL)</div> <div>6:30 Men's Club (CnL)</div>	<div>22</div> <div>9:30 Mass</div> <div>2:00 Pet Therapy (BT)</div> <div>6:30 Mindful Meditation (BT)</div>	<div>23</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>10:30 Anglican Service</div> <div></div>	<div>24</div> <div>10:00 Bowling (BT/OG)</div> <div>2:00 Live Entertainment with Ronnie Russell (A)</div>
<div>25</div> <div>10:00 Mass</div> <div>10:00 Spiritual Service (BT)</div> <div>2:00 Hangman (BT)</div>	<div>26</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>1:45 Colouring Club (BT)</div> <div>4:00 Friendly Visits (BT)</div> <div>Australia Day (Observed)</div>	<div>27</div> <div>9:30 Mass</div> <div></div>	<div>28</div> <div>9:30 Mass</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>11:15 Matching Game (BT)</div> <div>2:00 Live Entertainment with Mike Cavan (BT)</div>	<div>29</div> <div>9:30 Mass</div> <div>11:15 Winter from A to Z (BT)</div> <div>2:00 Bingo (BT)</div>	<div>30</div> <div>10:15 Fall Prevention Exercises (BT)</div> <div>10:30 St. Paul's United Service</div> <div>11:15 Mini Mani's (BT)</div>	<div>31</div> <div></div>

Legend: A- Auditorium CnL- Conservatory Lounge BT- Birch Trail

Programs are subject to change without notice

Recreation Therapist: Amanda Email: agiles@sjv.on.ca