

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Therapeutic Recreation Programs & Services for Birch Trail

New Year Day									
10:00 Mass	4	9:30 Mass	5	9:30 Mass	6	9:30 Mass	7	9:30 Mass	8
		10:15 Fall Prevention Exercises (BT)		9:45 Montessori Activities (BT)		10:15 Fall Prevention Exercises (BT)		10:15 Fall Prevention Exercises (BT)	9
		11:15 Finishing Lines (BT)		2:00 Pet Therapy (BT)		11:30 January IQ (BT)		1:45 Holiday Take Down (BT)	10
		2:00 Colouring Corner (BT)				6:30 Men's Club (CnL)		6:30 Sing Along (BT)	
									
10:00 Mass	11	9:30 Mass	12	9:30 Mass	13	9:30 Mass	14	9:30 Mass	15
10:00 Spiritual Service (BT)		10:15 Fall Prevention Exercises (BT)				10:15 Fall Prevention Exercises (BT)		10:15 Fall Prevention Exercises (BT)	16
2:00 Famous Faces (BT)		1:45 Guessing Game (BT)				11:15 EZ Does it Trivia (BT)		11:15 Matching Game (BT)	17
		4:00 Friendly Visits (BT)				2:00 Live Entertainment with Aidan Purnell (BT)		2:00 Bingo (BT)	
									
10:00 Mass	18	9:30 Mass	19	9:30 Mass	20	9:30 Mass	21	9:30 Mass	22
		10:15 Fall Prevention Exercises (BT)		10:00 Mini Mani's (BT)		10:15 Fall Prevention Exercises (BT)		10:15 Fall Prevention Exercises (BT)	23
		11:15 Brain Busters (BT)		2:00 Fill in the Blanks (BT)		11:15 Fun Facts (BT)		2:00 Pet Therapy (BT)	24
		2:00 Giant Ball Game (BT)				2:00 Divine Mercy Choir (CnL)		6:30 Mindful Meditation (BT)	
		Martin Luther King Jr. Day				6:30 Men's Club (CnL)			
									
10:00 Mass	25	9:30 Mass	26	9:30 Mass	27	9:30 Mass	28	9:30 Mass	29
10:00 Spiritual Service (BT)		10:15 Fall Prevention Exercises (BT)				10:15 Fall Prevention Exercises (BT)		10:15 Fall Prevention Exercises (BT)	30
2:00 Hangman (BT)		1:45 Colouring Club (BT)				11:15 Matching Game (BT)		11:15 Winter from A to Z (BT)	31
		4:00 Friendly Visits (BT)				2:00 Live Entertainment with Mike Cavan (BT)		2:00 Bingo (BT)	
		Australia Day (Observed)							

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

Programs are subject to change without notice

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