

Sunday

Monday

Tuesday

Wednesday








Thursday

Friday

Saturday

February 2026

Therapeutic Recreation Programs & Services for Birch Trail

<p>10:00 Mass</p>  <p>Tu B'Shevat Begins</p>	<p>1</p> <p>9:30 Mass</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>11:15 Board Games (BT)</p> <p>2:00 Pottery (A)</p> <p>2:00 Groundhog Trivia (BT) Groundhog Day</p>	<p>2</p> <p>9:30 Mass</p> <p>9:45 Montessori Activities (BT)</p>	<p>3</p> <p>9:30 Mass</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>11:15 Finishing Phrases (BT)</p> <p>6:30 Men's Club (CnL)</p>	<p>4</p> <p>9:30 Mass</p> <p>2:00 Live Entertainment with Kim Atkins (BT)</p> <p>6:30 Mindful Meditation (BT)</p>	<p>5</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>10:30 St. Paul's United Service</p> <p>2:30 Holy Hour (Chapel)</p> 	<p>6</p> <p>10:00 Bowling (BT/OG)</p> <p>2:00 Colouring Corner (BT)</p> <p>Winter Olympics February 6-22</p>
<p>8</p> <p>10:00 Mass</p> <p>10:00 Spiritual Service (BT)</p> <p>2:00 Famous Faces (BT)</p>	<p>9</p> <p>9:30 Mass</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>1:45 Brain Busters (BT)</p> <p>4:00 Sensory Sessions (BT)</p>	<p>10</p> <p>9:30 Mass</p> 	<p>11</p> <p>9:30 Mass</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>11:15 Trivial Pursuit (BT)</p> <p>2:00 Resident's Council (Virtual)</p>	<p>12</p> <p>9:30 Mass</p> <p>11:30 Library Visits (BT)</p> <p>2:00 Heart Wreath (BT)</p>	<p>13</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>10:30 Worship Service</p> <p>11:15 Mini Mani's (BT)</p> <p>2:00 Valentine's Social (BT)</p>	<p>14</p> <p>HAPPY Valentine's DAY</p> <p>2:00 Valentine's Day Special with Tom Cowles (A)</p> <p>Valentine's Day</p>
<p>15</p> <p>10:00 Mass</p> 	<p>Family Day Holiday 16</p> <p>10:00 Sort & Fold (BT)</p> <p>2:00 Pet Therapy (BT)</p> <p>Presidents' Day (U.S.)</p>	<p>17</p> <p>9:30 Mass</p> <p>10:00 February IQ (BT)</p> <p>2:00 Live Music with Mike Woods (BT)</p> <p>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>18</p> <p>9:30 Mass</p> <p>9:30 Snoezelen Visits (BT)</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>2:00 Divine Mercy Choir (CnL)</p> <p>6:30 Men's Club (CnL)</p>	<p>19</p> <p>9:30 Mass</p> <p>2:45 Colouring Club (BT)</p> <p>6:30 Sing Along (BT)</p>	<p>20</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>10:30 Presbyterian Service</p> 	<p>21</p> <p>10:00 Bowling (BT/OG)</p> <p>2:00 Live Entertainment with Cameron Caton (A)</p>
<p>22</p> <p>10:00 Mass</p> <p>10:00 Spiritual Service (BT)</p> <p>2:00 Ball Yoga (BT)</p>	<p>23</p> <p>9:30 Mass</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>1:45 Board Games (BT)</p> <p>2:00 Pottery (A)</p> <p>4:00 Friendly Visits (BT)</p>	<p>24</p> <p>9:30 Mass</p> <p>2:00 Bingo (A)</p> 	<p>25</p> <p>9:30 Mass</p> <p>9:45 Mini Mani's (BT)</p> <p>10:15 Fall Prevention Exercises (BT)</p>	<p>26</p> <p>9:30 Mass</p> <p>10:00 Test your Knowledge (BT)</p> <p>2:00 Live Entertainment with Aidan Purnell (A)</p>	<p>27</p> <p>10:15 Fall Prevention Exercises (BT)</p> <p>10:30 Anglican Service</p> <p>11:15 February Fun Facts (BT)</p> <p>2:00 Pet Therapy (BT)</p>	<p>28</p> 

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

Programs are subject to change without notice

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