

Sunday

Monday

Tuesday

Wednesday

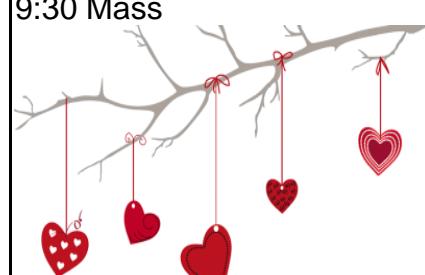
Thursday

Friday

Saturday

February 2026

Therapeutic Recreation Programs & Services for Birch Trail

10:00 Mass  Tu B'Shevat Begins	1 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:15 Board Games (BT) 2:00 Pottery (A) 2:00 Groundhog Trivia (BT) Groundhog Day	2 9:30 Mass 9:45 Montessori Activities (BT)	3 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:15 Finishing Phrases (BT) 6:30 Men's Club (CnL)	4 9:30 Mass 2:00 Live Entertainment with Kim Atkins (BT) 6:30 Mindful Meditation (BT)	5 10:15 Fall Prevention Exercises (BT) 10:30 St. Paul's United Service 2:30 Holy Hour (Chapel) 	6 10:00 Bowling (BT/OG) 2:00 Colouring Corner (BT) Winter Olympics February 6-22	7
10:00 Mass 10:00 Spiritual Service (BT) 2:00 Famous Faces (BT)	8 9:30 Mass 10:15 Fall Prevention Exercises (BT) 1:45 Brain Busters (BT) 4:00 Sensory Sessions (BT)	9 9:30 Mass 	10 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:15 Trivial Pursuit (BT) 2:00 Resident's Council (Virtual)	11 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Library Visits (BT) 2:00 Heart Wreath (BT)	12 10:15 Fall Prevention Exercises (BT) 10:30 Worship Service 11:15 Mini Mani's (BT) 2:00 Valentine's Social (BT)	13 HAPPY Valentine's DAY 2:00 Valentine's Day Special with Tom Cowles (A)	14 Valentine's Day
10:00 Mass 	15 Family Day Holiday 10:00 Sort & Fold (BT) 2:00 Pet Therapy (BT) Presidents' Day (U.S.)	16 9:30 Mass 10:00 February IQ (BT) 2:00 Live Music with Mike Woods (BT) Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	17 9:30 Mass 9:30 Snoezelen Visits (BT) 10:15 Fall Prevention Exercises (BT) 2:00 Divine Mercy Choir (CnL) 6:30 Men's Club (CnL)	18 9:30 Mass 9:30 Snoezelen Visits (BT) 10:15 Fall Prevention Exercises (BT) 2:00 Divine Mercy Choir (CnL) 6:30 Men's Club (CnL)	19 10:15 Fall Prevention Exercises (BT) 10:30 Presbyterian Service 	20 10:00 Bowling (BT/OG) 2:00 Live Entertainment with Cameron Caton (A)	21
10:00 Mass 10:00 Spiritual Service (BT) 2:00 Ball Yoga (BT)	22 9:30 Mass 10:15 Fall Prevention Exercises (BT) 1:45 Board Games (BT) 2:00 Pottery (A) 4:00 Friendly Visits (BT)	23 9:30 Mass 2:00 Bingo (A) 	24 9:30 Mass 9:45 Mini Mani's (BT) 10:15 Fall Prevention Exercises (BT)	25 9:30 Mass 10:00 Test your Knowledge (BT) 2:00 Live Entertainment with Aidan Purnell (A)	26 10:15 Fall Prevention Exercises (BT) 10:30 Anglican Service 11:15 February Fun Facts (BT) 2:00 Pet Therapy (BT)	27	28 

Legend: A- Auditorium

CnL- Conservatory Lounge

BT- Birch Trail

Programs are subject to change without notice

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