

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

# February 2026

PINE GROVE

9:30 Rosary (Chapel) 1 10:00 Daily Mass (Chapel) <b>Activities with Neil</b> 	9:00 Rosary (Chapel) 2 9:30 Daily mass (Chapel) 10:30 Calendar Delivery 11:15 Exercise 2:00 pm Pottery (Making)	9:00 Rosary (Chapel) 3 9:30 Daily Mass (Chapel) 9:45 Manicure 2:15 pm Montessori Activities	9:30 Daily Mass 4 9:45 Music & Memories: Love Songs 11:15 Exercise 3:15 Traveling cart with Games <b>6:30 pm Men's Club</b> <b>Charlie's Games Night (CL)</b>	9:00 Rosary (Chapel) 5 9:30 Daily Mass (Chapel) 11:45 Walk and Talk 4:00 Matching Game	10:30 Worship Service 6 11:45 Exercise <b>Activities with Neil</b> 	11:30 Valentine's Card Making 3:15 pm Snoezelen Room
9:30 Rosary (Chapel) 8 10:00 Daily Mass (Chapel) 2:45 pm Pet Therapy with Titan	9:00 Rosary (Chapel) 9 9:30 Daily mass (Chapel) 11:15 Exercise 11:45 Friendly Visits 4:00 Art Attack	9:00 Rosary (Chapel) 10 9:30 Daily Mass (Chapel) <b>Activities with Neil</b> 	9:00 Rosary (Chapel) 11 9:30 Daily Mass 11:15 Exercise <b>2:00 Resident Council</b>	9:00 Rosary (Chapel) 12 9:30 Daily Mass (Chapel) 9:45 Find the Chocolate <b>1:45 pm Entertainment with</b> <b>Kim Akritis (Pine Lounge)</b>	9:45 Reminiscence Group: "Love Through the Years" 10:30 Presbyterian Services 11:15 Exercise <b>2:00 pm Sweet Treat</b> <b>Social</b>	<b>2:00 Be My Valentine!</b> 14 <b>Entertainment with</b> <b>Tom Cowles - Auditorium</b> 
9:30 Rosary (Chapel) 15 10:00 Daily Mass (Chapel) <b>Activities with Neil</b> 	9:00 Rosary (Chapel) 16 9:30 Daily mass (Chapel) 10:30 Name 5 11:15 Exercise 2:15 Manicure	9:00 Rosary (Chapel) 17 9:30 Daily Mass (Chapel) 9:45 Mask Decorating 2:15 pm Matching Game Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	9:30 Daily Mass 18 11:15 Exercise <b>2:00 pm Divine Mercy (CL)</b> <b>6:30 pm Men's Club (CL)</b> <b>Poker Night</b>	9:00 Rosary (Chapel) 19 9:30 Daily Mass (Chapel) 11:45 Walk and Talk 4:00 pm Coloring Program	10:30 Worship Service 20 11:45 Exercise <b>Activities with Neil</b> 	9:45 pm Snoezelen Room <b>2:00 pm Entertainment with</b> <b>Cameron Carton</b> <b>(Auditorium)</b>
9:30 Rosary (Chapel) 22 10:00 Daily Mass (Chapel) 2:45 pm Pet Therapy with Titan	9:00 Rosary (Chapel) 23 9:30 Daily mass (Chapel) 11:15 Exercise 2:00 pm Pottery (Painting) 4:15 pm Traveling Cart with Games	9:00 Rosary (Chapel) 24 9:30 Daily Mass (Chapel) <b>2:00 Bingo Villa Wide (audit)</b> 	9:00 Rosary (Chapel) 25 9:30 Daily Mass (Chapel) 9:45 Home Decoration 11:15 Exercise <b>Activity with Neil</b>	9:00 Rosary (Chapel) 26 9:30 Daily Mass (Chapel) 9:45 Walk and Talk <b>2:00 pm Entertainment with</b> <b>Aidan Purnell</b>	9:45 Library Time 27 10:30 Presbyterian Services 11:15 Exercise 3:15 pm Snoezelen Room	<b>Happy</b> <b>MARDI</b> <b>GRAS</b> 



## RECREATIONAL THERAPY MONTH



### WHAT IS THE PURPOSE OF TR?

To enable all individuals to improve their quality of life and achieve optimal health through meaningful participation in recreation and leisure. The profession recognizes the importance of the recreation experience and supports all individuals in having full access to and the freedom to choose recreation and leisure opportunities.

### WHAT DO TR PROFESSIONALS DO?

Use recreation and leisure to help maximize an individual's independence. Work with persons who may benefit from assistance to improve their quality of life. Make necessary adaptations to recreation and leisure opportunities to allow for full participation.

### WHAT IS THE ROLE OF A TR?

The TR professional conducts an intensive need assessment to determine the capacities of the population being served and the appropriate personalized interventions. The TR and individual receiving services together determine the best way to assess current interests, abilities, needs, and barriers related to a meaningful leisure lifestyle.

*“We are beginning to discover that the meaning of leisure is really the meaning of life, leisure is freedom and freedom is living”.*

**Douglas H. Sessoms**

**All Programs are subject to change and will be posted on Recreation Boards.  
Recreation Therapist: Romina Ponce ([rominaponce@sjv.on.ca](mailto:rominaponce@sjv.on.ca))**



## Calendar

**St. Joseph's**  
Villa  **Dundas**