

Sunday

Monday

Tuesday

Wednesday

Thursday










Friday

Saturday

Recreation Therapist: Jason Email:
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February 2026

Therapeutic Recreation Programs & Services for Valley Trail

<p>10:00AM Mass</p> <p>1</p>  <p>Tu B'Shevat Begins</p>	<p>2</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 11:00AM Exercise Group(LG) 10:45AM Paddy's Clothing Shop (CnL) 10:45AM Ball Toss Fun (LG) 2:00PM Pottery (A)</p> <p>Groundhog Day</p>	<p>3</p> <p>9:00a.m Rosary(CL) 9:30AM Mass(C) 1:45PM Susie Q (VT) 3:15 Bingo (LG) 4:00PM Montessori Activity (VT) 6:15PM Manicure Nights (LG)</p>	<p>4</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 11:00PM Exercise Group(VT) 6:30 Men's Club (CnL)</p>	<p>5</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C)</p> 	<p>6</p> <p>9:45AM Music Trivia (VT) 10:30 St. Paul's United(C) 10:45AM Travelodge (LG) 11:00AM Exercise Group(VT)</p>	<p>7</p> <p>10:00AM Bowling (BA) 1:45PM You be the Judge (VT) 2:45PM Meditation Group (LG)</p>
<p>8</p> <p>9:45AM Virtual Church Service (VT) 10:00AM Mass 10:45AM Monthly Gazette (LG) 1:45PM Aromatherapy (VT) 3:00PM Music Interlude (LG)</p>	<p>9</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 11:00AM Exercise Group(VT)</p> 	<p>10</p> <p>9:00a.m Rosary(CL) 9:30 Mass 9:45AM Paddy's Clothing Shop (CnL) 10:45PM Ball Toss Fun (LG) 2:15PM Ron Russell (VT)</p>	<p>11</p> <p>9:00a.m Rosary(CL) 9:30AM Mass(C) 9:45 Hangman (LG) 10:45 Trivial Pursuit (VT) 11:00 Exercise Group(VT) 2:00 Resident's Council (A) 3:45 Library Visits (LG/VT)</p>	<p>12</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 9:45AM Guessing Game (VT) 10:45AM February Scramble(LG) 2:00PM Balloon Badminton (LG) 3:15PM Mediation group(VT)</p>	<p>13</p> <p>9:45AM LOVE Words (VT) 10:30AM Worship Service (C) 10:45AM Montessori Activity (LG) 11:00AM Exercise Group(VT) 2:00 Valentine's Social (LG) 3:15 Love Stories (VT)</p>	<p>14</p> <p> HAPPY Valentine's DAY  2:00PM Valentine's Day Special with Tom Cowles (A)</p> <p>Valentine's Day</p>
<p>15</p> <p>10:00AM Mass</p> 	<p>Family Day Holiday 16</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 11:00AM Exercise Group(VT) 10:45AM Snoezelen Room (SR) 10:45PM Balloon Badminton (LG) 2:00PM Mike Woods Entertainment (LG)</p>	<p>17</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 2:00PM Euchre Group (VT) 3:15PM Bingo (LG) 4:00PM friendly Visits(VT/LG) 6:30PM Manicures(VT)</p> <p>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>18</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 11:00AM Exercise Group (VT) 2:00PM Divine Mercy Choir (CnL) 6:30PM Men's Club (CnL)</p>	<p>19</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C)</p> 	<p>20</p> <p>9:45AM Music Interlude(VT) 10:30AM Presbyterian Service (C) 10:45AM Snoezelen Room (SR) 11:00AM Exercise Group(VT) Paper afternoon</p>	<p>21</p> <p>10:00AM Bowling (BA) 1:45PM Live music with Annie (VT) 2:00PM Cameron Caton entertainment(A) 3:00PM Word Mining (LG)</p>
<p>22</p> <p>10:00AM Mass 9:45AM Virtual Church Service (VT) 10:45AM Monthly Gazette (LG) 1:45PM Aromatherapy (VT) 3:00 PM Remember When (LG)</p>	<p>23</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 11:00AM Exercise Group(VT) 2:00PM Pottery (A)</p> 	<p>24</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 9:45AM Snoezelen Room (VT) 10:45AM Trivia Mania (LG) 2:00PM Bingo (A) 2:00PM Euchre (VT) 3:15PM Bingo (LG)</p>	<p>25</p> <p>11:30 TR Meeting (Family Dining Rm) 9:00AM Rosary(CL) 9:30AM Mass(C) 9:45AM Word Mining(VT) 11:00AM Exercise Group(VT) 10:45AM Ball Toss (LG) 2:00PM Famous Faces (LG) 3:15PM Short Stories (VT)</p>	<p>26</p> <p>9:00AM Rosary(CL) 9:30AM Mass(C) 2:00PM Live Entertainment with Aidan Purnell (A)</p>	<p>27</p> <p>10:30AM Anglican Service (C) 11:00AM Exercise Group(VT)</p>	<p>28</p> 

Legend: A- Auditorium CnL- Conservatory Lounge VT- Valley Trail LG- Lilac Garden C= Chapel SR= Snoezelen Room *Programs are subject to change without notice

