

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Recreation Therapist: Jason Email:  
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# February 2026

## Therapeutic Recreation Programs & Services for Valley Trail

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

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

