

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

February 2026

WILLOW GROVE

9:30 Rosary (Chapel) 1 10:00 Daily Mass (Chapel) <i>Activities with Neil</i> 	9:00 Rosary (Chapel) 2 9:30 Daily mass (Chapel) 10:00 Calendar Delivery 1:30 Exercise 2:00 pm Pottery (Making)	9:00 Rosary (Chapel) 3 9:30 Daily Mass (Chapel) 10:30 Montessori Activities 3:15 pm Manicure	9:30 Daily Mass 4 10:30 Music & Memories: Love Songs 1:30 pm Exercise 2:15 Traveling cart with Games 6:30 pm Men's Club Charlie's Games Night (CL)	9:00 Rosary (Chapel) 5 9:30 Daily Mass (Chapel) 2:00 pm Friendly Visits 5:30 pm Matching Game	10:30 Worship Service 6 1:30 pm Exercise <i>Activities with Neil</i> 	10:30 Valentine's Card Making 7 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) 1:30 Exercise 2:00 pm Friendly Visits 4:00 pm Art Attack	9:00 Rosary (Chapel) 10 9:30 Daily Mass (Chapel) <i>Activities with Neil</i> 	9:00 Rosary (Chapel) 11 9:30 Daily Mass 1:30 pm Exercise 2:00 pm Resident Council (zoom meeting)	9:00 Rosary (Chapel) 12 9:30 Daily Mass (Chapel) 10:30 Find the Chocolate 3:15 pm Valentine's Day Bingo	10:30 Reminiscence Group: 13 "Love Through the Years" 10:30 Presbyterian Services 1:30 Exercise 3:00 pm Sweet Treat Social	2:00 Be My Valentine! 14 <i>Entertainment with Tom Cowles - Auditorium</i> 
9:30 Rosary (Chapel) 15 10:00 Daily Mass (Chapel) <i>Activities with Neil</i> 	9:00 Rosary (Chapel) 16 9:30 Daily mass (Chapel) 9:30 Name 5 1:30 Exercise 3:15 Manicure	9:00 Rosary (Chapel) 17 9:30 Daily Mass (Chapel) 10:30 Mask Decorating 3:15 pm Matching Game Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	9:30 Daily Mass 18 10:30 Friendly Visits 1:30 pm Exercise 2:00 pm Divine Mercy (CL) 6:30 pm Men's Club (CL) Poker Night	9:00 Rosary (Chapel) 19 9:30 Daily Mass (Chapel) 2:30 pm Friendly Visits 5:30 pm Coloring Program	10:30 Worship Service 20 1:30 pm Exercise <i>Activities with Neil</i> 	10:30 Snoezelen Room 21 2:00 pm Entertainment with Cameron Carton (Auditorium)
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) 1:30 Exercise 2:00 pm Pottery (Painting) 5:15 pm Traveling Cart with Games	9:00 Rosary (Chapel) 24 9:30 Daily Mass (Chapel) 2:00 Bingo Villa Wide (audit) 	9:00 Rosary (Chapel) 25 9:30 Daily Mass (Chapel) 10:30 Home Decoration 1:30 pm Exercise <i>Activity with Neil</i>	9:00 Rosary (Chapel) 26 9:30 Daily Mass (Chapel) 10:30 Friendly Visits 2:00 pm Entertainment with Aidan Purnell	10:30 Library Time 27 10:30 Presbyterian Services 1:30 pm Exercise 2:15 pm Snoezelen Room	Happy MARDI GRAS 



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)**



Calendar

St. Joseph's
Villa  **Dundas**