

Sunday

Monday

Tuesday

Wednesday

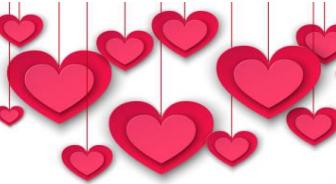
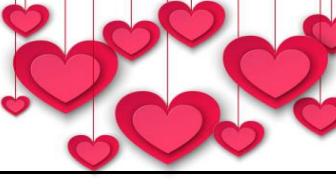
Thursday

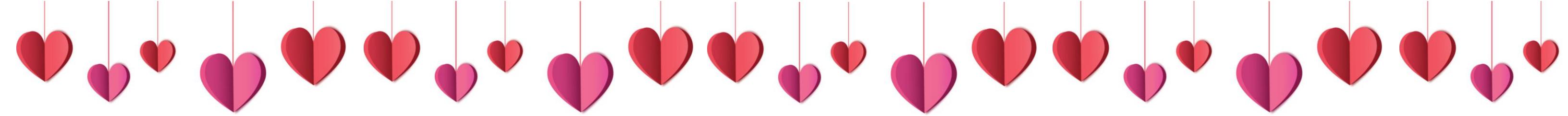
Friday

Saturday

# February 2026

## WILLOW GROVE

1 9:30 Rosary (Chapel) 10:00 Daily Mass (Chapel) <b>Activities with Neil</b> 	2 9:00 Rosary (Chapel) 9:30 Daily mass (Chapel) 10:00 Calendar Delivery 1:30 Exercise 2:00 pm Pottery (Making)	3 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) 10:30 Montessori Activities 3:15 pm Manicure	4 9:30 Daily Mass 10:30 Music & Memories: Love Songs 1:30 pm Exercise 2:15 Traveling cart with Games <b>6:30 pm Men's Club</b> <b>Charlie's Games Night (CL)</b>	5 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) 2:00 pm Friendly Visits 5:30 pm Matching Game	6 10:30 Worship Service 1:30 pm Exercise <b>Activities with Neil</b> 	7 10:30 Valentine's Card Making 3:15 pm Snoezelen Room
8 9:30 Rosary (Chapel) 10:00 Daily Mass (Chapel) 2:45 pm Pet Therapy with Titan	9 9:00 Rosary (Chapel) 9:30 Daily mass (Chapel) 1:30 Exercise 2:00 pm Friendly Visits 4:00 pm Art Attack	10 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) <b>Activities with Neil</b> 	11 9:00 Rosary (Chapel) 9:30 Daily Mass 1:30 pm Exercise <b>2:00 pm Resident Council</b> (zoom meeting)	12 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) 10:30 Find the Chocolate <b>3:15 pm Valentine's Day Bingo</b>	13 10:30 Reminiscence Group: "Love Through the Years" 10:30 Presbyterian Services 1:30 Exercise <b>3:00 pm Sweet Treat Social</b> 	14 <b>2:00 Be My Valentine!</b> <b>Entertainment with Tom Cowles - Auditorium</b>
15 9:30 Rosary (Chapel) 10:00 Daily Mass (Chapel) <b>Activities with Neil</b> 	16 9:00 Rosary (Chapel) 9:30 Daily mass (Chapel) 9:30 Name 5 1:30 Exercise 3:15 Manicure	17 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) 10:30 Mask Decorating 3:15 pm Matching Game <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	18 9:30 Daily Mass 10:30 Friendly Visits 1:30 pm Exercise <b>2:00 pm Divine Mercy (CL)</b> <b>6:30 pm Men's Club (CL)</b> <b>Poker Night</b>	19 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) 2:30 pm Friendly Visits 5:30 pm Coloring Program	20 10:30 Worship Service 1:30 pm Exercise <b>Activities with Neil</b> 	21 10:30 Snoezelen Room <b>2:00 pm Entertainment with Cameron Carton (Auditorium)</b>
22 9:30 Rosary (Chapel) 10:00 Daily Mass (Chapel) 2:45 pm Pet Therapy with Titan	23 9:00 Rosary (Chapel) 9:30 Daily mass (Chapel) 1:30 Exercise 2:00 pm Pottery (Painting) 5:15 pm Traveling Cart with Games	24 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) <b>2:00 Bingo Villa Wide (audit)</b> 	25 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) 10:30 Home Decoration 1:30 pm Exercise <b>Activity with Neil</b>	26 9:00 Rosary (Chapel) 9:30 Daily Mass (Chapel) 10:30 Friendly Visits <b>2:00 pm Entertainment with Aidan Purnell</b>	27 10:30 Library Time 10:30 Presbyterian Services 1:30 pm Exercise 2:15 pm Snoezelen Room	28 <b>Happy MARDI 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. Sessions

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