

Sunday

Monday

Tuesday

Wednesday
















Thursday

Friday

Saturday

July 2026

Therapeutic Recreation Programs & Services for Valley Trail
Recreation Therapist: Jason Email: j_barros@siv.on.ca

<p>10:00AM Mass 5</p> 	<p>9:30AM Mass 6 11:00AM Exercise Group(LG) 2:00PM Pottery (A)</p> 	<p>7</p> 	<p>9:45AM Snoezelen Visits (SR) 1 10:45AM Balloon Badminton 2:00PM Canada Day Event (A)</p> 	<p>2 9:45AM You be the Judge(VT) 10:45AM Music Selection (LG)</p>	<p>3 10:30AM St. Paul's United Service 10:30AM Susie Q Live (A) 11:00AM Exercise Group(LG)</p>	<p>4</p> 
<p>10:00AM Mass 12</p> 	<p>9:30 Mass 13 11:00AM Exercise Group(LG)</p> 	<p>9:30 Mass 14 2:00 Bingo (A)</p> 	<p>11:00AM Exercise Group(LG) 8 2:00PM Strawberry Social (A) 6:30PM Men's Club (CnL)</p> 	<p>9:30AM Mass 9</p> 	<p>10 10:30AM Worship Service 11:00AM Exercise Group(LG)</p> 	<p>11 2:00 Live Entertainment with Russ Weil (A)</p> 
<p>10:00AM Mass 19</p> 	<p>9:30AM Mass 20 9:45AM Ball Toss (VT) 10:45AM Patio Visits (LG) 11:00AM Exercise Group(LG) 2:00PM Pottery (A) 2:00PM Mike Woods entertainment(LG)</p>	<p>21 11:00AM Butterfly Conservatory Outing *Limited Space, please sign up with TR* 3:30PM Friendly Visits</p>	<p>15 11:00AM Exercise Group(LG) 2:00 Live Entertainment by Synchronicity Duo (A)</p> 	<p>16 6:00 Campfire with Mike Woods (A Parking Lot)</p> 	<p>18 11:00AM Exercise Group(LG)</p> 	<p>18</p> 
<p>10:00AM Mass 26</p> 	<p>9:30 Mass 27 11:00AM Exercise Group(LG)</p> 	<p>28 9:30AM Mass 9:45AM Target Toss(VT) 10:45AM Remember When 1:45PM Aromatherapy(VT) 3:00PM Bingo(LG)</p>	<p>22 11:00AM Exercise Group(LG) 2:00PM Bingo (VT) 3:30PM Music Trivia(LG) 6:30 Men's Club (CnL)</p>	<p>9:30 Mass 23</p> 	<p>24 10:30 Worship Service 11:00AM Exercise Group(LG)</p> 	<p>25 2:00PM Live Entertainment with Terry Dune (A)</p> 
<p>10:00 Mass 29</p> 	<p>9:45AM Summer Word Mining (VT) 29 10:45AM Outdoor Seated Yoga (LG) 11:00AM Exercise Group(LG) 2:00PM Tom Cowles Entertainment (A)</p>	<p>30 9:45AM Travelodge (LG) 10:45AM Library Visits (VT)</p>	<p>31 10:00AM Virtual Church (VT) 10:30AM St. Paul's United Service 11:00AM Exercise Group(LG) 2:00PM Ron Russell Entertainment (LG)</p>	<p>31</p> 		

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

