

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Therapeutic Recreation Programs & Services for Birch Trail

	2 10:00 Mass Civic Stat Holiday 11:30 Canadian Quiz (BT) 2:00 Pottery (A)	3 9:30 Mass 10:30 Butterfly Conservatory Outing *Limited space, please sign up with TR*	4 9:30 Mass 9:45 Mini Mani's (BT) 10:15 Fall Prevention Exercises (BT) 2:00 Synchronicity Duo (A) 6:30 Men's Club (CnL)	5 9:30 Mass 	6 10:15 Fall Prevention Exercises (BT) 10:30 St. Paul's United Service 	7 	1
10:00 Mass 	9 9:30 Mass 10:15 Fall Prevention Exercises (BT) 	10 9:30 Mass 	11 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Pet Therapy (BT) 2:00 Escapades Duo (A)	12 9:30 Mass 11:30 Patio Puzzles (BT) 2:00 Live Entertainment with Mike Woods (BT) 6:00 Campfire with Brad James (A Parking Lot)	13 10:15 Fall Prevention Exercises (BT) 10:30 Worship Service 11:30 August IQ (BT)	14 2:00 Live Entertainment with Derek Byrne (A) 	15
10:00 Mass 	16 9:30 Mass 10:15 Fall Prevention Exercises (BT) 2:00 Pottery (A) 	17 9:30 Mass 11:30 Lemonade Social (BT Patio) 2:00 Bingo (BT)	18 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Bird Watching (BT) 2:00 John & Sheila Ludgate Live (A) 6:30 Men's Club (CnL)	19 9:30 Mass 	20 10:15 Fall Prevention Exercises (BT) 10:30 Presbyterian Service 	21 	22
10:00 Mass 	23 9:30 Mass 10:15 Fall Prevention Exercises (BT) 	24 9:30 Mass 	25 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 August Jeopardy (BT) 2:00 Live Entertainment with Mike Cavan (A)	26 9:30 Mass 11:30 Colouring Corner (BT) 2:00 Live Entertainment with Kim Atkins (BT)	27 10:15 Fall Prevention Exercises (BT) 10:30 Worship Service 11:30 Riddles (BT)	28 2:00 Live Entertainment with Ronnie Russell (A) 	29
10:00 Mass 	30 9:30 Mass 10:15 Fall Prevention Exercises (BT) 	31 *Cycling without Ages-Wednesday's at 1:30pm* Sign up only *Please speak with TR for more information* 					

Legend: A- Auditorium CnL- Conservatory Lounge

BT- Birch Trail

Programs are subject to change without notice

Recreation Therapist: Amanda

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