

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Therapeutic Recreation Programs & Services for Birch Trail

October 2026 Therapeutic Recreation Programs & Services for Birch Trail				9:30 Mass 1:30 Finishing Phrases (BT) 4:00 Walk & Talk (BT)	1 10:15 Fall Prevention Exercises (BT) 10:30 St. Paul's United Service (Chapel) 11:15 Word searches & Colouring with Jorja (BT) 2:00 Shoot for the Hoop with Jorja (BT)	2 10:00 Bowling (BT/OG) 2:00 Name that Tune (BT) <
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Legend: A- Auditorium CnL- Conservatory Lounge BT- Birch Trail OG- Orchid Garden *Programs are subject to change without notice* Recreation Therapist: Amanda Email: agiles@sjv.on.ca