

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Therapeutic Recreation Programs & Services for Valley Trail

Recreation Therapist: Jason Email: j_barros@sjv.on.ca

				9:30 Mass 	1 9:45AM Musical Interlude(LG) 10:30AM St. Paul's United Service (Chapel) 10:45AM 11:00AM Exercise(VT) 2:00PM Don and Nick entertainment (LG) 	3 10:00AM Bowling (LG/VT) 
4 9:45 Elder care Spiritual Service (VT) 10:00AM Mass 2:00PM Afternoon Tea (LG) 3:30PM Walk & Talk(VT,LG)	5 11:00AM Exercise(VT) 	6 9:30AM Mass 9:45AM Balloon Badminton(VT) 10:45AM Library Visits(CnL) 1:45AM Remember When(LG) 3:15PM Bingo (VT)) 2:00PM Bingo (A)	7 9:30AM Mass 9:45AM Fall Trivia (VT) 10:45AM Meditation Group (LG) 11:00AM Exercise(VT) 2:00PM Live Music with Aidan Purnell (A)	8 9:45AM You be the Judge(VT) 10:45AM Giant Ball Game (LG) 2:00PM Ron Russell Entertainment (LG)	9 10:30AM Grace Valley Church (Chapel) 9:45AM(C) Virtual Church (VT) 10:45AM Friendly Visits(LG) 11:00AM Exercise(VT) 2:00PM Hangman (VT) 3:15PM Paddy's Clothing Shop	10 2:00PM Lydia Lee Trio Entertainment (A) 
11 10:00AM Mass 	12 Thanksgiving Holiday 9:30AM Mass 9:45AM Finish the lines(VT) 10:45AM Social Hour (LG) 11:00AM Exercise(VT) 2:00PM Harvest Tea (A) Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 9:30AM Mass 1:45PM Library Visits(LG) 3:15PM Bingo (LG) 6:15PM Manicure night(LG,VT) 7:15PM Games night(LG)	14 9:30AM Mass 11:00AM Exercise(VT) 2:00PM Resident's Council (A) 3:15PM Friendly Visits 6:30PM Men's Club (CnL)	15 	16 10:30AM Presbyterian Service (Chapel) 11:00AM Exercise(VT) 	17 10:00AM Bowling (VT/LG)) 2:00PM October Monthly Birthday Party (LG)
18 9:45AM Elder care Spiritual Service (VT) 10:00PM Mass 2:00PM Social Hour (LG) 3:15PM Library Visits (CnL)	19 11:00AM Let's Talk – Your Experience Matters(CnL) 11:00AM Exercise(VT) 	20 9:30AM Mass 9:45AM Ball Toss Fun(VT) 10:45AM Library Visits(LG) 1:45PM Montessori Activity(LG) 3:15PM Bingo (LG)	21 9:30AM Mass 9:45AM Music interlude (VT) 10:45AM Yoga (LG) 11:00AM Exercise(VT) 2:00PM Pumpkin Decorating(LG) 3:15PM Board Games (LG)	22 9:30AM Mass 9:45AM Pumpkin Decorating (VT) 10:45AM Travelodge(LG) 2:00PM Live Music with Peter Marangi (A)	23 9:45AM(C) Virtual Church (VT) 10:45AM Friendly Visits (LG) 11:00AM Exercise(VT) 2:00PM Halloween Music Trivia (VT) 3:15PM Snoezelen Room Visits(LG,VT)	24 2:00PM Live Music with Ronnie Russell (A) 
25 10:00AM Mass 	26 9:30AM Mass Municipal Election Voting (A) 11:00AM Exercise(VT) 1:45PM Pumpkin Walk (LG) 2:45PM Pumpkin Walk (VT)	27 9:30 Mass 1:45PM Ladder Ball (VT) 3:15PM Bingo (LG) 6:15PM Documentry session(LG)	28 9:30AM Mass 11:00AM Exercise(VT) 2:00PM Synchronicity Duo (A) 6:30PM Men's Club (CnL)	29 	30 10:30AM St. Paul's United Service (Chapel) 11:00AM Exercise(VT)  2:00PM Hallowe'en Party & Live Music with The Escapades Duo (A)	31 2:00PM Piano gather with Annie(VT) 

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