November 2026

Therapeutic Recreation Programs & Services for Birch Trail

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Spiritual Service (BT) 10:00 Mass 2:00 Owl Craft (BT) Daylight Saving Time Ends	**2** 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Piano Gather (BT) 6:30 Family Sing Along (BT)	**3** 9:30 Mass	**4** 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 What Am I? (BT) **2:00 Live Music with John & Sheila Ludgate (A)**	**5** 9:30 Mass 11:15 Bingo (BT) **2:00 Live Entertainment with Ronnie Russell (BT)**	**6** 10:15 Fall Prevention Exercises (BT) 10:30 St. Paul's United Service (Chapel) 11:30 Colouring Corner (BT)	**7**
8 10:00 Mass	**9** 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Piano Gather (BT) 2:00 Autumn Social (BT)	**10** 9:30 Mass 11:15 November IQ (BT) 2:00 Guessing Game (BT)	**Remembrance Day** **11** 9:30 Mass **10:45 Remembrance Day Service (Chapel)** 2:00 Bingo (BT) **6:30 Men's Club (CnL)** Veterans Day Remembrance Day (Canada)	**12** 9:30 Mass **1:30 Tena Education (CnL)** 2:45 Water Painting (BT) 6:30 Mindfulness (BT)	**13** 10:15 Fall Prevention Exercises (BT) 10:30 Grace Valley Church Service (Chapel)	**14** 10:00 Bowling (BT/OG) **2:00 Live Music with Mike Thorton (A)**
15 9:45 Spiritual Service (BT) 10:00 Mass 2:00 Over/Under Game (BT)	**16** 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Piano Gather (BT) 2:00 Pet Therapy (BT)	**17** 9:30 Mass **2:00 Bingo (A)**	**18** 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Name that Object (BT) **2:00 Resident's Council (A)**	**19** 9:30 Mass **10:00-3:30 Holiday Fair (A)** 11:00 Holiday Shopping (A) 2:00 Bingo (BT)	**20** 10:15 Fall Prevention Exercises (BT) 10:30 Presbyterian Service (Chapel) 11:30 Mini Mani's (BT) 2:00 Autumn Leaves Art (BT)	**21**
22 10:00 Mass	**23** 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Piano Gather (BT) **2:00 Live Entertainment with Kim Atkins (BT)**	**24** 9:30 Mass 11:15 Landmarks Around the World (BT) 2:00 Ball Yoga (BT)	**25** 9:30 Mass 9:45 Colouring Club (BT) 10:15 Fall Prevention Exercises (BT) **2:00 Live Music with Jimmy Kajura (A)** **6:30 Men's Club (CnL)**	**26** 9:30 Mass **3:45 Children's Recital (BT)** 6:30 Elvis Documentary (BT) Thanksgiving Day (U.S)	**27** 10:15 Fall Prevention Exercises (BT) 10:30 Anglican Service (Chapel)	**28** 10:00 Bowling (BT/OG) **2:00 Black Diamond String Band (A)**
29 9:45 Spiritual Service (BT) 10:00 Mass	**30** 9:30 Mass 10:15 Fall Prevention Exercises (BT) 11:30 Piano Gather (BT) 2:00 Pet Therapy (BT)					

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