November 2026

Therapeutic Recreation Programs & Services for Valley Trail

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45AM Elder care Spiritual Service (VT) 10:00AM Mass 2:00PM Afternoon Tea (LG) 3:30PM Walk & Talk (VT,LG) Daylight Saving Time Ends	**2**	9:30AM Mass(C) **3** 9:45AM Balloon Badminton (VT) 10:45AM Library Visits (CnL) 1:45PM Remember When (LG) 3:15PM Bingo (VT)	**4** 9:30AM Mass(C) 9:45AM Sing Along (LG) 10:45AM Short Stories (VT) 11:00AM Exercise Group(VT) **2:00PM Live Music with John & Sheila Ludgate (A)**	**5** 9:30AM Mass(C) 9:45AM Name that Tune (VT) 10:45AM Cranium Crunches (LG) **3:15PM Live Entertainment with Ronnie Russell (LG)**	**6** 9:45AM Virtual Church (VT) 10:30 St. Paul's United Service (C) 10:45AM Friendly Visits (LG) 11:00AM Exercise Group(VT)	**7**
8 10:00AM Mass	**9** 9:30AM Mass(C) 9:45AM Short Stories (VT) 11:00AM Travelogue (LG) 11:00AM Exercise Group(VT) **2:15PM Live Entertainment With Mike Woods(LG)**	**10** 9:30AM Mass(C) 1:45PM Library Visits (LG) 2:45PM Bingo (LG) 4:00PM Manicures (LG,VT) 6:15PM Games Night (LG)	**Remembrance Day** **11** 9:30AM Mass(C) **10:45AM Remembrance Day Service (Chapel)** 11:00AM Exercise Group(VT) 2:15PM RHA Meeting (LG) 3:30PM Bocce Ball (VT) **6:30PM Men's Club (CnL)** Veterans Day Remembrance Day (Canada)	**12**	**13** 9:45AM Susie Q (VT) 10:30 Grace Valley Church Service (C) 10:45AM November Gazette 11:00AM Exercise Group(VT)	**14** 10:00AM Bowling (BA) **2:00PM Live Music with Mike Thorton (A)**
15 9:45AM Elder Care Spiritual Service (VT) 10:00AM Mass 2:00PM Social Hour (LG) 3:15PM Library Visits (CnL)	**16**	**17** 9:30AM Mass(C) 9:45AM Ball Toss Fun (VT) 10:45AM Cranianum Crunches (LG) 1:45PM Montessori Activities (LG) **2:00 Bingo (A)** 3:15PM Bingo (LG)	**18** 9:30AM Mass(C) 9:45AM Name that Tune (VT) 10:45AM Travelogue (LG) 11:00AM Exercise Group(VT) **2:00PM Virtual Resident's Council** 3:30PM Friendly Visits (VT,LG)	9:30AM Mass(C) **19** **10:00AM-3:30PM Holiday Fair (A)** 10:00AM Holiday Shopping (VT) 11:00AM Holiday Shopping (LG) 2:15PM Balloon Badminton (VT) 3:15PM Manicures (LG,VT)	**20** 9:45AM Virtual Church (VT) 10:30 Presbyterian Service (C) 10:45AM Walk & Talk (LG, VT) 11:00AM Exercise Group(VT) 2:00PM Music Interlude (VT) 3:15PM Sensory Sessions (LG,VT)	**21**
22 10:00AM Mass	**23** 9:30AM Mass(C) 9:45AM Finishing Lines (VT) 10:45AM Ball Toss (LG) 11:00AM Exercise Group(VT) **2:00PM Live Entertainment with Ronnie Russell (LG)**	**24** 9:30AM Mass(C) 1:45PM Ladder Ball (VT) 2:45PM Bingo (LG) 4:00PM Friendly Visits(LG,VT) 6:15PM Planet Earth Documentary (LG)	9:30AM Mass(C) **25** 11:00AM Exercise Group(VT) **2:00PM Live Music with Jimmy Kajura (A)** **6:30PM Men's Club (CnL)**	**26** Thanksgiving Day (U.S)	**27** 9:45AM Remember When…? (VT) 10:30AM Anglican Service (C) 10:45AM Games Hour (LG) 11:00AM Exercise Group(VT) 2:00PM Hangman (VT) 3:15PM Paddy's Clothing Shop	**28** 10:00 Bowling (BA) **2:00 Black Diamond String Band (A)**
29 9:45AM Elder Care Spiritual Service (VT) 10:00AM Mass 2:00PM November Birthday Social (LG) 3:30PM Walk &Talk (VT,LG)	**30**					

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**