

Sunday

Monday

Tuesday


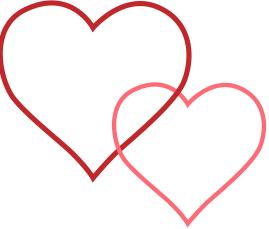

Wednesday

Thursday

Friday

Saturday

# Courage Bay Life Enrichment Calendar

				1 10:00 Roll a Memory - Reminiscing Game 2:15 Lounge Games 3:15 Bible Stories		2 10:15 Hymn Sing and Devotionals (GR) 11:00 Coffee & Fellowship (GR) 2:15 Groundhog Day Trivia <small>Groundhog Day</small>		3 9:30 Buddy Reading 10:30 The Day the Music Died Trivia  2:15 Happy Hour (GR)		4 	
5 10:30 Fun and Fitness (GR)  2:15 Music and Memories - Paul Anka (GR) Shauna on Vacation		6 9:30 Homekeepers Club (GR)  10:30 Sing-a-long (GR)  Shauna on Vacation		7 2:15 Valentine's Day Crafts (GR)  Shauna on Vacation		8 10:15 Hymn Sing and Devotionals (GR) 11:00 Coffee & Fellowship (GR)  Shauna on Vacation		9 2:15 Happy Hour (GR)  Shauna on Vacation		10 2:15 Happy Hour (GR)  Shauna on Vacation	
12 		13 9:30 Manicures and Hand Massages  10:30 Fun and Fitness (GR) 2:15 Ladies "Galentines Day" Get Together (GR)		14 2:15 Valentine's Day Party with Entertainment by Donald Plant (GR) 6:30 Valentine Games and Trivia <small>Valentine's Day</small>		15 10:00 Sing-a-long 2:15 Balloon Toss 3:15 Short Stories and Reminiscing		16 10:15 Hymn Sing and Devotionals (GR) 11:00 Coffee & Fellowship (GR)  2:15 Add Libs - Lets tell a story		17 9:30 Buddy Walks 10:30 Crafters Corner 2:15 Happy Hour - Music By Request (GR)	
19 10:30 Bean Bag Toss (GR)  Shauna Off <small>Louis Riel Day</small>		20 10:30 Mardi Gras Crafts (GR)  2:15 Travel Club - New Orleans (GR) Shauna Off <small>Mardi Gras</small>		21 10:30 Elder/Family Council Meeting (GR) 2:15 Entertainment by Paul LaFrance on the Piano <small>Ash Wednesday</small>		22 10:30 Roman Catholic Mass with Father Greg 2:15 Music and Memories 3:30 Name 5 Trivia Game		23 9:30 Manicures and Hand Massages 10:30 Mardi Gras trivia 2:15 Happy Hour - Mardi Gras Theme (GR)		24 2:15 Christian Family Ministry Church Service (GR)	
26 10:30 Fun and Fitness (GR) 10:30 Baking 2:15 Courage Birthday Celebrations		27 2:15 Coffee and Current Events (GR)  6:30 Horse Race Game		28		<h1>February 2023</h1> 					

\*Programs take place on Courage Bay unless otherwise stated

\*GR= Gathering Room

\*Programs are subject to change