

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Courage Bay Life Enrichment Calendar

AM Calendar Visits ¹ 10:30 Hymn Sing and Devotionals - Golden Rule - GR 2:00 Ring Toss	9:30 Groundhog Day Trivia and Facts ² 10:30 Manicures and Hand Massages 2:00 Sing a Long 6:30 Card & Board Games <small>Groundhog Day</small>	³ 1:30 Balloon Toss 2:30 Creative Colouring 6:30 Music and Memories - Motown Favourites - GR	⁴ 1:30 A Visit with the Grade 5 Class from John De Graff School - GR 6:30 Bingo -GR Shauna Off	⁵ 10:30 Sing a Long - Songs for your Valentine - GR 2:00 Crafter's Corner - GR 6:30 General Knowledge Trivia -GR	⁶ 9:30 Men's Coffee Group-GR 11:00 Buddy Walks 2:00 Happy Hour - Hits From the 70s -GR <small>Winter Olympics Begin</small>	⁷ 10:30 Fun and Fitness-GR 2:00 Rhythm and Voice - Drumming with Doug -GR Shauna Off
⁸ 10:30 Hymn Sing and Devotionals-Regarding Love -GR 2:00 Movie Matinee -GR Shauna Off	⁹ 9:30 Valentines Day Trivia and Facts 10:30 Manicures and Hand Massages Afternoon - Life Enrichment in Meeting 6:30 Piano and Violin Stylings of Theo Funk -GR	¹⁰ 9:30 News and Views 10:30 Crafters Corner 6:30 Name That Tune - Love Songs	¹¹ 2:00 Sing a Long 3:00 Short Stories 6:30 Bingo -GR	¹² 11:45 Sweetheart's Lunch for the Couples of the Home <small>(tickets must be purchased by Feb. 10th)</small> 2:30 Friendly Visits	¹³ 2:00 Happy Hour - Love Songs -GR Shauna Off	¹⁴ 10:30 Cupid's Arrow Game -GR 2:00 Valentine's Day Celebrations -GR <small>Happy Valentine's Day</small>
¹⁵ 10:30 Hymn Sing and Devotionals- Faith in Action -GR 2:00 Audio Book Club -GR	¹⁶ 9:30 Canada's Olympic Legacy 10:30 River East Olympics-Torch Relay 2:00 River East Olympics - Opening Ceremonies and Olympic Trivia -GR 6:30 Shuffle Bowling -GR	¹⁷ 1:30 Baking 2:00 River East Olympics - Hockey Puck Toss -GR 6:30 Music and Memories-Break Up Songs -GR <small>Shrove Tuesday Lunar New Year</small>	¹⁸ 10:30 River East Olympics-Curling -GR 6:30 Bingo -GR Shauna Off <small>Ash Wednesday</small>	¹⁹ 10:30 River East Olympics-Luge Races -GR 2:00 Courage Birthday Celebrations 6:30 Celebrity Bio's -GR	²⁰ 9:30 Buddy Walks 10:30 River East Olympics - Jeopardy Game -GR 2:00 Happy Hour - Sports Themed Songs -GR	²¹ 10:30 River East Olympics-Biathlon (Nerf Gun Games) -GR 2:00 Rhythm and Voice - Drumming with Doug -GR Shauna Off
²² 10:30 Hymn Sing and Devotionals- Power of Faith -GR 2:00 Silver Winds Ensemble -GR Shauna Off <small>Winter Olympics End</small>	²³ 9:30 Jokes and Riddles 10:30 Creative Colouring 2:00 Canada's 2026 Olympic Highlights 6:30 The Price Is Right-GR	²⁴ 9:30 Hymn Sing 10:30 Homekeepers Club 6:30 Name That Tune -GR	²⁵ 9:30 Travelogue to Italy 12:00 Dine In -Ordering in From the Olive Garden <small>(See Shauna to sign up, orders must be in by Feb. 19th)</small> 6:30 Bingo -GR	²⁶ 10:30 Roman Catholic Mass with Father Greg -GR 1:30 Buddy Reading 2:00 High Rollers 6:30 Celebrating Fat Domino's Birthday- The Big Beat Documentary -GR	²⁷ 10:30 Plinko Game -GR 2:00 Happy Hour - Music by Request -GR Shauna Off	²⁸ 10:30 Drum Fit Exercises -GR 2:00 Ice Cream Social

***Programs take place on Courage Bay unless otherwise stated *GR=Gathering Room *Programs/program times subject to change *1:1 Visits take place outside of program times**