

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

## Courage Bay Life Enrichment Calendar

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