

Sunday

Monday

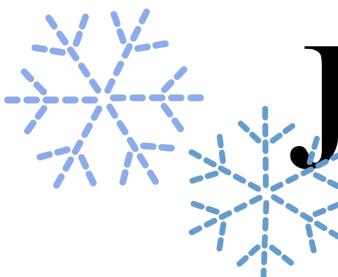
Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2026

## Courage Bay Life Enrichment Calendar

					1	AM Calendar Visits 2:00 New Years Traditions Around The World-GR  Shauna Off New Year's Day	2	10:30 Over/Under Game-GR 2:00 Happy Hour- American Bandstand-GR Shauna Off	3	10:30 Movement and Meditation-GR 2:00 Whisking up Fun-GR Shauna Off		
10:30 Hymn Sing -GR  2:00 Jeopardy-GR  Shuana Off	4	10:00 Manicures and Hand Massages 10:15 TV Concert The Beach Boys 2:00 Lounge Games 3:00 Hymn Sing  6:30 Shuffle Bowling-GR	5	2:00 Sing a Long 3:00 Friendly visits  6:30 Music and Memories - Elvis, the Beginning -GR	6	7	8	Taking Down the Christmas Trees and Decor  6:30 Super Quiz Trivia Game-GR	9	10:00 Walk and Talk 11:00 Remembering Elvis's 1st Ed Sullivan appearance  2:00 Happy Hour -50's 60's Tunes-GR	10	10:30 Fun and Fitness-GR  2:00 Rhythm and Voice-GR (Drumming with Doug)  Shauna Off
10:30 Hymn Sing and Devotionals- Born Again In Christ-GR  2:00 Movie Matinee -GR  Shuana Off	11	10:00 Sing a Long 11:00 Buddy Walks  Afternoon -Life Enrichment Team in Meeting  6:30 Create A Quote-GR	12	Am Prep for Dine In Lunch  <u>12:00 Dine in Lunch From The Olive Garden</u> * please see Shauna /Julie for details/to order *Orders must be in by January 9th  6:30 Name That Tune-GR	13	14	15	2:00 January Birthday Celebrations! 3:00 Elvis Trivia  6:30 Music and Memories - Elvis Music in Movies-GR	16	2:00 Happy Hour -Music By Request-GR  Shauna Off	17	10:30 Drum Fit Exercises-GR  2:00 Whisking up Fun-GR 2:15 Ice Cream Social
10:30 Hymn Sing and Devotionals - Courage -GR  2:00 Audio Book Club-GR	18	19 2:00 Floor Shuffleboard Game-GR 6:30 Cooking Gone Wrong Ep.2-GR  Martin Luther King Jr. Day	20	21	22	23	24	10:30 Roman Catholic Mass with Father Greg-GR  2:00 Name that Tune 6:30 Celebrity Bio-GR	25	9:30 Men's Coffee Group-GR 11:00 Friendly Visits 2:00 Happy Hour -Popular Movie Songs-GR  Shauna Off	26	10:30 Fun and Fitness-GR  2:00 Rhythm and Voice-GR (Drumming with Doug)  Shauna Off
10:30 Hymn Sing and Devotionals- One Day at a Time-GR  2:00 Animal Of The Month - Trivia -GR  Shuana Off	25	26 2:00 River East's Got Talent - Talent Show (please see Life Enrichment to sign up)-GR  6:30 The Price is Right-GR	27	28	29	30	31	10:30 Elder/Family Council Meeting-GR 2:00 Hymn Sing 2:30 Travelogue to the Arctic 6:30 Bingo-GR	27	10:30 Nerf Gun Fun  2:00 Happy Hour -Music By Request-GR  Shauna Off	28	10:30 Movement and Meditation -GR 10:30 Snow Ball Toss Game 2:00 Crafters Corner-GR  

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