

Sunday

Monday

Tuesday

Wednesday

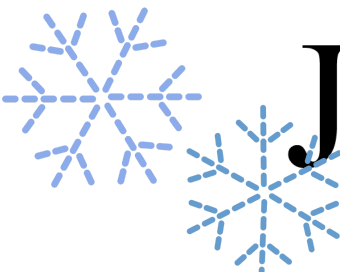

Thursday

Friday

Saturday

January 2026

Courage Bay Life Enrichment Calendar

<div><h1>January 2026</h1><h2>Courage Bay Life Enrichment Calendar</h2></div>				<div>AM Calendar Visits 2:00 New Years Traditions Around The World-GR  Shauna Off New Year's Day</div>		<div>10:30 Over/Under Game-GR 2:00 Happy Hour- American Bandstand-GR Shauna Off</div>		<div>10:30 Movement and Meditation-GR 2:00 Whisking up Fun-GR Shauna Off</div>					
<div>10:30 Hymn Sing -GR 2:00 Jeopardy-GR Shuana Off</div>		<div>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</div>		<div>2:00 Sing a Long 3:00 Friendly visits 6:30 Music and Memories - Elvis, the Beginning -GR</div>		<div>6:30 Bingo-GR Shauna Off</div>		<div>Taking Down the Christmas Trees and Decor 6:30 Super Quiz Trivia Game-GR</div>		<div>10:00 Walk and Talk 11:00 Remembering Elvis's 1st Ed Sullivan appearance 2:00 Happy Hour -50's 60's Tunes-GR</div>		<div>10:30 Fun and Fitness-GR 2:00 Rhythm and Voice-GR (Drumming with Doug) Shauna Off</div>	
<div>10:30 Hymn Sing and Devotionals- Born Again In Christ-GR 2:00 Movie Matinee -GR Shauna Off</div>		<div>10:00 Sing a Long 11:00 Buddy Walks Afternoon -Life Enrichment Team in Meeting 6:30 Create A Quote-GR</div>		<div>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</div>		<div>2:00 Entertainment by Victor Phillip-GR 6:30 Bingo-GR Shauna Off</div>		<div>2:00 January Birthday Celebrations! 3:00 Elvis Trivia 6:30 Music and Memories - Elvis Music in Movies-GR</div>		<div>2:00 Happy Hour -Music By Request-GR Shauna Off</div>		<div>10:30 Drum Fit Exercises-GR 2:00 Whisking up Fun-GR 2:15 Ice Cream Social</div>	
<div>10:30 Hymn Sing and Devotionals - Courage -GR 2:00 Audio Book Club-GR</div>		<div>2:00 Floor Shuffleboard Game-GR 6:30 Cooking Gone Wrong Ep.2-GR Martin Luther King Jr. Day</div>		<div>2:00 Lounge Games 3:00 Buddy Reading 6:30 Music and Memories - Elvis, Greatest hits -GR</div>		<div>6:30 Bingo-GR Shauna Off</div>		<div>10:30 Roman Catholic Mass with Father Greg-GR 2:00 Name that Tune 6:30 Celebrity Bio-GR</div>		<div>9:30 Men's Coffee Group-GR 11:00 Friendly Visits 2:00 Happy Hour -Popular Movie Songs-GR</div>		<div>10:30 Fun and Fitness-GR 2:00 Rhythm and Voice-GR (Drumming with Doug) Shauna Off</div>	
<div>10:30 Hymn Sing and Devotionals- One Day at a Time-GR 2:00 Animal Of The Month - Trivia -GR Shauna Off</div>		<div>2:00 River East's Got Talent - Talent Show (please see Life Enrichment to sign up)-GR 6:30 The Price is Right-GR</div>		<div>10:00 Baking 11:00 Jokes and Riddles 2:00 Friends and Neighbours 6:30 Name That Tune-GR</div>		<div>10:30 Elder/Family Council Meeting-GR 2:00 Hymn Sing 2:30 Travelogue to the Arctic 6:30 Bingo-GR</div>		<div>2:00 Creative Colouring 2:45 Sing a Long 6:30 Music and Memories Movie- Return of the King, Elvis 1968 Return-GR</div>		<div>10:30 Nerf Gun Fun 2:00 Happy Hour -Music By Request-GR Shauna Off</div>		<div>10:30 Movement and Meditation -GR 10:30 Snow Ball Toss Game 2:00 Crafters Corner-GR</div>	

*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