

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

						AM Calendar Visits 1		2	
						2:00 Happy Hour - Movie Hits - GR		10:00 Gentle Stretches and Balloon Toss with Renee	
								2:00 Rhythm and Voice - Drumming with Doug -GR	
3		4		5		6		7	
10:30 Hymn Sing and Devotional- Hail Mary -GR		10:30 Target Toss with Nnenna		1:45 Manicures and Mimosas -GR		2:00 Mama Mia Movie Matinee -GR		2:00 Mother's Day Tea with Piano Music by Shawn Coughlin -GR	
2:00 Coffee and Conversation with Michael		6:30 Super Quiz Trivia -GR		6:30 Name That Tune -GR		2:00 Joyful Baking with Nnenna		6:30 Town Hall Meeting -GR	
								8	
10:30 Music & Memories 10		9:30 Walk and Talk 11		10:00 Creative Colouring 12		10:00 Manicures and Hand Massages with Nnenna 13		10:00 Planting Seeds 14	
Songs About Mom -GR		10:30 Baking		and Folding with Renee		2:00 Sing a Long		2:00 Sing a Long	
3:00 Anglican Church Service with Reverend Wilson -GR		Aftn - Life Enrichment in Meeting		2:00 May Birthday Celebrations		3:15 Chicken Soup for the Soul Stories and Reminiscing		3:15 Chicken Soup for the Soul Stories and Reminiscing	
 Mother's Day		6:30 Target Toss -GR		6:30 Music & Memories -GR		6:30 Celebrity Bio: Cher -GR		6:30 Celebrity Bio: Cher -GR	
								15	
10:30 Hymn Sing and Devotional- Blessed Art Thou Amongst Women -GR		10:00 Baking 18		10:30 Guys Group -GR 19		11:00 Outing to Jeffery's (see Life Enrichment for info / to sign up) 20		11:00 Read To Me with Michael 21	
2:00 Arm Chair Travel with Michael		11:00 Spiritual 1:1s		2:00 Lounge Games on the Patio (weather permitting)		3:00 1:1 Visits		2:00 Painting Garden Markers	
		2:00 Afternoon Tea & Get Together		6:30 Name That Tune -GR		6:30 Bingo -GR		6:30 Sing a Long -GR	
		6:30 History of Victoria's Reign -GR						22	
		Victoria Day						10:00 Washer Toss Game with Renee	
								2:00 Happy Hour - Music by Request -GR	
24		25		26		27		28	
10:30 Hymn Sing and Devotionals -GR		10:00 Balloon Toss and Music with Michael		11:00 Outing to Olive Garden (see Life Enrichment for info / to sign up)		10:00 Manicures and Hand Massages with Nnenna		10:30 Roman Catholic Mass with Father Greg -GR	
2:00 Games on the Obie		2:00 Memorial Service -GR		2:00 Baking		10:30 Elder and Family Council Meeting -GR		2:00 Puzzles and Coffee Time	
		6:30 Shuffle Bowling -GR		3:15 Patio Walks		6:30 Bingo -GR		6:30 Target Toss -GR	
				6:30 Music & Memories -GR				29	
								9:30 Hymn Sing and Spiritual 1:1s	
								2:00 Happy Hour - Classic Rock -GR	
								30	
								10:30 Fun and Fitness - GR	
								2:00 Rhythm and Voice - Drumming with Doug -GR	
								2:00 Sing a Long with Renee	

Courage Bay Life Enrichment Calendar

*Programs take place on Courage Bay unless otherwise stated

*GR = Gathering Room

*Programs and/or program times are subject to change

*1:1 Visits take place outside of program times

10:30 Hymn Sing and Devotionals -GR 31

2:00 Entertainment by The School of Rock -GR