October 2026

Courage Bay Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 AM Calendar Visits 2:00 Friends and Neighbours 6:30 Guess The City -GR	2 10:00 Sing a Long 11:00 Spiritual 1:1's 2:00 Happy Hour - Blues Music-GR	3 10:30 Fun and Fitness-GR 2:00 Rhythm and Voice-GR (Drumming with Doug) 2:00 Folding with Renee 2:30 Creative Colouring with Renee Shauna Off
4 10:30 Hymn Sing and Devotional- Expressing Gratitude-GR 2:00 Sing A Long with Michael Shauna Off	5 10:00 Manicures and Massages 10:15 TV Concert Willy Nelson 2:00 Lounge Games 6:30 Comedy Special-GR	6 10:30 Turkey Shoot Game - GR 1:30 Brainstorming Activity Ideas	7 10:00 Word Games and Puzzles 11:00 Friendly Visits 2:00 Entertainment by The KW Band -GR 6:30 Bingo -GR	8 1:30 Reminiscing - Thanksgiving Traditions 2:30 Hi Rollers Card Games 6:30 Music and Memories - Songs of Thanks -GR	9 10:00 Baking With Renee 10:30 Reverse Bingo -GR 2:00 Happy Hour - Retro Country -GR Shauna Off	10 10:30 Audio Book Club -GR 2:00 Coffee and Conversation
11 10:00 Counting Blessings- Things We are Thankful For 3:00 Anglican Church Service with Reverend Wilson - GR	12 10:00 Coffee and Conversation 2:00 Thanksgiving Get Together - GR Happy Thanksgiving	13 2:00 Table Top Bowling 3:00 Spiritual 1:1's 6:30 Music and Memories- Let's Share the Songs That Make Us Happy! -GR	14 9:30 - 11:30 Advanced Polling Station for City Election -GR 2:00 Entertainment by Tom and Friends - GR 6:30 Bingo -GR Shauna Off	15 National Grouch Day 10:30 Grumpy Hour in Honour of National Grouch Day -GR 2:00 Movie Afternoon - Grumpy Old Men -GR	16 10:00 What Would You Do? Discussion Game 11:00 Baking 2:00 Happy Hour - Music By Request -GR	17 10:30 Fun and Fitness -GR 2:00 Rhythm and Voice (Drumming with Doug) -GR 2:15 Manicures and Johnny Cash Live Concert with Renee Shauna Off
18 10:30 Hymn Sing and Devotionals- Proverbs -GR 2:00 Bean Bag Toss with Michael 3:00 Friendly Visits Shauna Off	19 9:30 Finish the Phrase 2:00 Horserace Game 2:30 Town Hall Meeting-GR 3:00 Walk and Talk 6:30 What Do You Think?	20 10:30 Powermine Ministries Church Service - GR 2:00 October Birthday Celebrations 6:30 Name That Tune -GR	21 10:00 Chair Exercises 2:00 Guess the Sound 3:00 Friends and Neighbours 2:00 Bingo -GR	22 10:30 Roman Catholic Mass with Father Greg -GR 2:00 Fall/Winter Menu Sampling Meeting (families must RSVP to Life Enrichment by Oct. 15) -GR 6:30 Brainstorming Session for Evening Programs -GR	23 10:00 Short Stories with Michael 11:00 Balloon Toss and Music with Michael 2:00 Happy Hour - Fall Favourites -GR Shauna Off	24 10:30 Drum Fit Exercises - GR 2:00 Obie Games 3:00 Sing a Long
25 10:30 Hymn Sing and Devotionals - Joyful Noise - GR 2:00 Then and Now - Discussion Group 3:00 Spiritual 1:1's	26 10:30 Elder and Family Council Meeting -GR 2:00 Halloween Crafts 3:00 Finish the Line	27 2:00 Pumpkin Toss 6:30 Music and Memories- Spooky Songs -GR	28 10:30 Jack o' Lantern Bowling -GR 2:00 Sing A Long with Michael 6:30 Bingo -GR Shauna Off	29 2:00 The History Of Classic Monster Movies -GR 3:00 1:1 Visits 6:30 Celebrity Biography: Vincent Price -GR Shauna Off - At Safety Training	30 10:00 The Oracle Fortune Telling Game 2:00 A Halloween Themed Happy Hour -GR	31 10:00 Halloween Traditions and Trivia 2:00 Children's Trick or Treating Event (see poster for details) Shauna Off Halloween

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