



# 2026

# January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Assisted Living Calendar</b>	<b>Directory</b> UL-Upstairs Living Room AR-Activity Room DR-Dining Room CY-Courtyard		<b>1 Happy New Years</b> 10:30-Chair Exercise-UL 11-Word Game-UL <b>-Open Games For All-</b>	<b>2</b> 10:30-Chair Fitness-UL 11-Balloon Toss-UL 1-Afternoon Walk-L 2-Friday's of Faith-UL 3-Cornhole-UL	<b>3</b> 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Giant Puzzles-L	<b>4</b> 10-Online Services-L 1:00-Live Service W/Turning Point Church-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie:Titanic-UL
<b>5</b> 10:30-Chair Exercise-UL 11-Gratitude Game-UL 1-Afternoon Walk-L 1:30-Giant UNO Game-AR 3-Axe Throwing-UL	<b>6</b> 10:30-Chair Fitness-UL 11-Name 3 Game -UL 1-Afternoon Walk-L 1:30-Wax Flower Craft-AR 3-Happy Hour W/Butch-UL	<b>7</b> 10:30-Chair Exercise-UL 11-Dear Abby-UL 1-Pet Therapy-L 2-Caregiver Support Group-AR 3-Bingo Time-AR	<b>8</b> <u>Elvis's Birthday</u> 10:30-Chair Fitness-UL 11-Tessa,Trivia,Treats-UL 1:30-Elvis Documentary &PB&J'S-UL 3-Cornhole-UL	<b>9</b> 10:30-Chair Fitness-UL 11-Poker W/Terry-AR 1-Afternoon Walk-L 1:30-Beading W/Brightmoor-AR 3-Jay's Farewell Party 	<b>10</b> 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Games For All-L	<b>11</b> 10-Online Services-L 1:00-Live Service W/Turning Point Church-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie:Elvis-UL
<b>12</b> 10:30-Chair Exercise-UL 10:30-Shopping@Walmart-L 11-Name 5 Game -UL 1:30-Left, Right,Center Game-AR 3-Giant Tic-Tac-Toe-UL	<b>13</b> 10:30-Chair Fitness-UL 11-What 1900's really look like documentary-UL 1:30-Roll A Topic-UL 3-Happy Hour W/Jojo-UL	<b>14</b> 10:30-Chair Fitness-UL 11-Worship W/Bowen's-UL 1-Pet Therapy-L 1:30-Name 5 Game-UL 3-Bingo Time-AR	<b>15</b> 10-Morning Coffee Chats-L 10:30-Pastor Jim Sings-UL 12-V.I.P. New Resident Luncheon-AR 1:30-Military Stories Men's Group-UL 3-Cornhole-UL	<b>16</b> 10:30-Chair Fitness-UL 11-Poker W/Terry-AR 1-Afternoon Walk-L 2-Prayer W/Victory Church-UL 3-Left,Right,Center Game-AR	<b>17</b> 11-Self-lead Exercise-UL 1:30-Book Reading-UL 2-Bingo W/Preston-DR 3-Card Games-L	<b>18</b> 10-Online Services-L 1:00-Live Service W/Turning Point Church-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie-The Highway Men-UL
<b>19</b> <u>MLK Day</u> 10:30-Chair Yoga-UL 11-Our Friend Martin Video-UL 1:30-Unity Plate Craft-AR 3-General 1900's Trivia-UL	<b>20</b> 10:30-Chair Fitness-UL 11-Fun Discussions W/Nathalie-UL 1:30-Jeopardy Game-UL 3-Happy Hour W/Perrin-UL 3:30-Peaceful Book Reading-UL	<b>21</b> 10:30-Chair Exercise-UL 11-Brain Games-UL 1-Pet Therapy-L 1:30-All Resident Council-AR 2-Dining Council -AR 3-Bingo Time-AR	<b>22</b> 10:30-Chair Exercise-UL 11-Giant Uno Game-AR 1:30-January Birthday Bash-UL 3-Cornhole-UL	<b>23</b> 10:15-Chair Fitness-UL 11-Lunch @ Jim N' Nicks-L 1-Afternoon Walk-L 2-Friday's of Faith-UL 3-Family Fued Game-UL	<b>24</b> 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Games For All-L	<b>25</b> 10-Online Services-L 1:00-Live Service W/Turning Point Church-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie: Benjamin Button-UL
<b>26</b> 10:30-Chair Exercise-UL 10:30-Shopping @ Kroger-L 1:30-Meet Your Neighbor Tea Party-AR 3-Monthly Bingo Store-DR TBD-Bingo Time-DR	<b>27</b> 10:30-Chair Fitness-UL 11-Popcorn & Popculture-UL 1-Afternoon Walk-L 1:30-Jumbo Connect 4-UL 3-1900's Happy Hour W/Heidi-UL	<b>28</b> 10:30-Chair Yoga-UL 11-Word In a Word-UL 1-Pet Therapy-L 1:30-Scenic Drive-L 3-Bingo Time-AR	<b>29</b> 10:30-Chair Fitness-UL 11-Balloon Volleyball-UL 1:30-1900'S MusicTrivia-UL 3-Cornhole-UL	<b>30</b> 10:30-Chair Fitness-UL 11-Mystery Activity-UL 1-Afternoon Walk-L 2-Friday's of Faith-UL 3-Sip N'Paint-AR	<b>31</b> 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Card Games-L	 <b>THE CANOPY</b> AT WESTRIDGE ASSISTED LIVING & MEMORY CARE

ALL ACTIVITIES ARE SUBJECT TO CHANGE