




2026 January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Assisted Living Calendar	Directory UL-Upstairs Living Room AR-Activity Room DR-Dining Room CY-Courtyard		1 <i>Happy New Years.</i> 10:30-Chair Exercise-UL 11-Word Game-UL -Open Games For All-	2 10:30-Chair Fitness-UL 11-Balloon Toss-UL 1-Afternoon Walk-L 2-Friday's of Faith-UL 3-Cornhole-UL	3 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Giant Puzzles-L	4 10-Online Services-L 1:00-Live Service W/Turning Point Church-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie:Titanic-UL
5 10:30-Chair Exercise-UL 11-Gratitude Game-UL 1-Afternoon Walk-L 1:30-Giant UNO Game-AR 3-Axe Throwing-UL	6 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	7 10:30-Chair Exercise-UL 11-Dear Abby-UL 1-Pet Therapy-L 2-Caregiver Support Group-AR 3-Bingo Time-AR	8 <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	9 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 <i>Farewell Party</i>	10 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Games For All-L	11 10-Online Services-L 1:00-Live Service W/Turning Point Church-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie:Elvis-UL
12 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	13 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	14 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	15 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	16 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	17 11-Self-lead Exercise-UL 1:30-Book Reading-UL 2-Bingo W/Preston-DR 3-Card Games-L	18 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
19 <i>MLK DAY</i> 10:30-Chair Yoga-UL 11-Our Friend Martin Video-UL 1:30-Unity Plate Craft-AR 3-General 1900's Trivia-UL	20 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	21 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	22 10:30-Chair Exercise-UL 11-Giant Uno Game-AR 1:30-January Birthday Bash-UL 3-Cornhole-UL	23 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	24 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Games For All-L	25 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
26 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	27 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	28 10:30-Chair Yoga-UL 11-Word In a Word-UL 1-Pet Therapy-L 1:30-Scenic Drive-L 3-Bingo Time-AR	29 10:30-Chair Fitness-UL 11-Balloon Volleyball-UL 1:30-1900'S MusicTrivia-UL 3-Cornhole-UL	30 10:30-Chair Fitness-UL 11-Mystery Activity-UL 1-Afternoon Walk-L 2-Friday's of Faith-UL 3-Sip N'Paint-AR	31 11-Self-lead Exercise-UL 2-Bingo W/Preston-DR 3-Card Games-L	 THE CANOPY AT WESTRIDGE ASSISTED LIVING & MEMORY CARE

ALL ACTIVITIES ARE SUBJECT TO CHANGE