




2026 January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Memory Care Calendar	Directory UL-Upstairs Living Room AR-Activity Room DR-Dining Room CY-Courtyard	 THE CANOPY — AT WESTRIDGE — ASSISTED LIVING & MEMORY CARE		1 <i>Happy New Years.</i> 10-Chair Fitness-L 1-Balloon Toss 1:30-Arm Chair Travels-L -Open Games For All-	2 10:30-Chair Fitness-L 11-Balloon Toss-L 2-Faithful Friday's-L 3-Bingo Blitz-DR	3 10:30-Noodle Hockey-L Music to Dine 1:30-Saturday Stories-L 3-Dance Break-L
4 10-Morning Gospel-L 1-Live Church Service W/Turning Point-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie:Titanic-UL	5 10:30-Body Movement-L 11-Parachute Play-L 1:30-Name 3 Game-L 2-Sensory Time/Objects-L 3-1900's Music Time-L	6 10:30-Vitality Stretch-L 11-Roll A Topic-L 1:30-Simon Says-L 3-Happy Hour W/Butch-UL	7 10:30-Sit N'Be Fit-L 11-Easy Trivia-L 1:30-Pet Therapy Visit-L 2-Caregiver Support Group-AR 3-Cornhole-L	8 <u>Elvis's Birthday</u> 10:30-Body Movement-L 11-Elvis Sing-A-Long-L 1:30-Jumbo Connect 4-L 3-Elvis Documentary &PB&J'S-UL	9 10:30-Chair Fitness-L 11-Memory Match-L 1-Snack Break-L 2-Music Therapy W/Tupua-L 3-Jay's Farewell Party	10 10:30-Noodle Hockey-L Music to Dine 1:30-Saturday Stories-L 3-Courtyard & Sips-CY
11 10-Soulful Sundays-L 1-Live Church Service W/Turning Point-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie:Elvis-UL	12 10:30-Shopping @Walmart-L 10:30-Body Movement-L 11-Manicures/Massages-L 1:30-Arm Chair Travels-L 3-Cornhole-L	13 10:30-Vitality Stretch-L 11-Brain Games-L 1:30-Balloon Toss-L 2-Crotchet Club-L 4-Happy Hour W/Jojo-UL	14 10:30-Sit N'Be Fit-L 11-Worship W/Bowen's-UL 1:30-Pet Therapy Visit-L 2-What 1900's really look like documentary-UL 3-Story Time-L	15 10:30-Pastor Jim Sings-UL 12-V.I.P. New Resident Luncheon-AR 1:30-Afternoon Fitness-L 2-Sensory Time/Objects-L 3-Popcorn & Popculture-L	16 10:30-Chair Fitness-L 11-Brain Games-L 1:30-Balloon Toss-L 2-Faithful Friday's-L 3-Bingo Blitz-DR	17 10:30-Noodle Hockey-L Music to Dine 1:30-Saturday Stories-L 3-Dance Break-L
18 10-Morning Gospel-L 1-Live Church Service W/Turning Point-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie-The Highway Men-UL	19 <i>MLK DAY</i> 10:30-Body Movement-L 11-Our Friend Martin Video-UL 1:30-Unity Plate Craft-DR 3-Jumbo Bowling-L 	20 10:30-Vitality Stretch-L 11-Word In A Word-L 1:30-Ring Toss-L 2-Sensory Time/Objects-L 3-Happy Hour W/Perrin-UL	21 10:30-Sit N'Be Fit-L 11-After Exercise Chats-L 1:30-Pet Therapy Visit-L 2-Tv or Tunes-L 3-Hot Chocolate Social-L	22 10:30-Vitality Stretch-L 11-Pictionary Game-L 1:30-January Birthday Bash-UL 3-Name That Tune-L	23 10:30-Chair Fitness-L 11-Manicures/Massages-L 2-Music Therapy W/Tupua-L 3-Bingo Blitz-DR	24 10:30-Noodle Hockey-L Music to Dine 1:30-Saturday Stories-L 3-Courtyard & Sips-CY
25 10-Soulful Sundays-L 1-Live Church Service W/Turning Point-UL 1:30-Holy Catholic Communion-DR 3-Sunday Movie: Benjamin Button-UL	26 10:30-Shopping @Kroger-L 10:30-Body Movement-L 11-Jumbo Connect 4-L 1-Snack Break-L 2-This or That Game ?-L 3-Cornhole-L	27 10:30-Vitality Stretch-L 11-Manicures/Massages-L 1:30-Balloon Toss-L 2-Peaceful Reading-L 3-1900's Happy Hour W/Heidi-UL	28 10:30-Sit N'Be Fit-L 11-Brain Games-L 1-Scenic Drive-L 1:30-Pet Therapy Visit-L 3-Crotchet Club-L 3-Tv or Tunes-L	29 10:30-Body Movement-L 11-Snowflake Suncatchers Craft-DR 1:30-Arm Chair Travels-L 2-Sensory Time/Objects-L 3-Popcorn & Popculture-L	30 10:30-Chair Fitness-L 11-Memory Match-L 1-Snack Break-L 2-Faithful Friday's-L 3-Bingo Blitz-DR	31 10:30-Noodle Hockey-L Music to Dine 1:30-Saturday Stories-L 3-Courtyard & Sips-CY

ALL ACTIVITIES ARE SUBJECT TO CHANGE