November 2026 - The Canopy at Westridge Assisted Living

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 • 10 AM Morning Gospel Tunes • 11 AM Chair Exercise • 1 PM Turning Point Church • 1 PM Afternoon Walk • 2PM Word in a Word	**2** • 10:30 AM Chair Exercise • 10:30 AM Walmart Shopping • 1 PM Afternoon Walk • 1:30 PM Learn to Play Scrabble • 3 PM Left, Right, Center Game • 4 PM Choir Pratice • 6 PM Puzzle Mania	**3** • 10:30 AM Body Movement • 11 AM Word Unscramble • 1 PM Afternoon Walk • 1:30 PM AXE THROW • 3 PM Happy Hour w/Butch • 6 PM Throwback TV (2000)	**4** • 10:30 AM Vitality Stretch • 11 AM Fun Chats with Nathalie • 1 PM Afternoon Walk • 1:30 PM MANCAVE WEDNESDAY • 3 PM BINGO TIME	**5** • 10:30 AM Chair Yoga • 11 AM Word in a Word • 1 PM Afternoon Walk • 1:30 PM Resident Council Meeting • 2 PM I Should Have Known That	**6** • 10:30 AM Chair Fitness • 11 AM Poker with Terry • 1 PM Afternoon Walk • 2 PM Fridays of Faith • 3 PM AXE THROW • 4 PM Choir Pratice • 6 PM Throwback TV (2000)	**7** • 11 AM Body Movement • 1 PM Afternoon Walk • 2 PM BINGO TIME • 3 PM Free Game Time
8 • 10 AM Morning Gospel Tunes • 11 AM Chair Exercise • 1 PM Turning Point Church • 1 PM Afternoon Walk • 2 PM UNO TOURNAMENT	**9** • 10:30 AM Chair Exercise • 11 AM Welcoming Committee • 12 PM New Resident Luncheon • 1 PM Afternoon Walk • 1:30 PM Mystery Craft • 3 PM Left, Right, Center Game • 4 PM Choir Pratice	**10** • 10:30 AM Body Movement • 11 AM Activity Pow-wow • 1 PM Afternoon Walk • 1:30 PM AXE THROW • 3 PM HAPPY HOUR w/TUPUA • 6 PM Throwback TV (2000)	**11** • 10:30 AM Veterans Day Outing • 10:30 AM Vitality Stretch • 1 PM Afternoon Walk • 1:30 PM SHE SHED Women's Group • 3 PM BINGO TIME	**12** • 10:30 AM Chair Yoga • 11 AM Worship w/Bowens • 1 PM Afternoon Walk • 2:30 PM 2000's Name That Tune • 3 PM CORNHOLE • 6 PM Free Game Time	**13** • 10:30 AM Chair Fitness • 11 AM Word in a Word • 1 PM Afternoon Walk • 2 PM Fridays of Faith • 3 PM AXE THROW • 4 PM Choir Pratice • 6 PM Throwback TV (2000)	**14** • 10 AM Chair Fitness • 11 AM Body Movement • 1 PM Afternoon Walk • 2 PM BINGO TIME • 3 PM Free Game Time
15 • 10 AM Morning Gospel Tunes • 11 AM Chair Exercise • 1 PM Turning Point Church • 1 PM Afternoon Walk • 2 PM Cornhole Tournament	**16** • 10:30 AM Kroger Shopping • 10:30 AM Chair Exercise • 1 PM Afternoon Walk • 3 PM Left, Right, Center Game • 4 PM Choir Pratice • 6 PM Throwback TV (2000)	**17** • 10:30 AM Body Movement • 11 AM Sakura Hibachi Buffet • 1 PM Afternoon Walk • 1:30 PM AXE THROW • 3 PM HAPPY HOUR w/DJ Debbie • 6 PM Free Game Time	**18** • 10:30 AM Vitality Stretch • 11 AM Uno Tournament • 1 PM Afternoon Walk • 1:30 PM MANCAVE WEDNESDAY • 3 PM BINGO TIME	**19** • 10:30 AM Chair Yoga • 11 AM Worship w/Bowens • 1 PM Afternoon Walk • 1:30 PM Mystery Craft • 3 PM CORNHOLE • 6 PM Throwback TV (2000)	**20** • 10:30 AM Chair Fitness • 11 AM Poker with Terry • 1 PM Afternoon Walk • 2 PM Fridays of Faith • 3 PM AXE THROW • 4 PM Choir Pratice • 6 PM Puzzle Mania	**21** • 11 AM Chair Exercise • 1 PM Afternoon Walk • 2 PM BINGO TIME • 3 PM Free Game Time
22 • 10 AM Morning Gospel Tunes • 11 AM Chair Exercise • 1 PM Afternoon Walk • 1 PM Turning Point Church • 2 PM AXE THROW	**23** • 10:30 AM Chair Exercise • 11 AM Think Tank • 1 PM Afternoon Walk • 1:30 PM I Should Have Known That • 3 PM Left, Right, Center Game	**24** • 10:30 AM Body Movement • 11 AM Memento's & Memories • 1 PM Afternoon Walk • 1:30 PM AXE THROW • 3 PM Happy Hour w/HEIDI • 6 PM Free Game Time	**25** • 10:30 AM Vitality Stretch • 11 AM Cranium Game • 1 PM Afternoon Walk • 1:30 PM She Shed Women's Group • 3 PM BINGO TIME • 6 PM Throwback TV (2000)	**26** • 10:30 AM Chair Yoga • 11 AM Lunch Bunch: CRAVINGS • 1 PM Afternoon Walk • 1:30 PM HOLIDAY CRAFTS • 3 PM CORNHOLE	**27** • 10:30 AM Chair Fitness • 11 AM Learn to Play Scrabble • 1 PM Afternoon Walk • 2 PM Fridays of Faith • 3 PM AXE THROW • 4 PM Choir Pratice • 6 PM Puzzle Mania	**28** • 11 AM Chair Exercise • 1 PM Afternoon Walk • 2 PM BINGO TIME • 3 PM Free Game Time
29 • 10 AM Morning Gospel Tunes • 11 AM Chair Exercise • 1 PM Afternoon Walk • 1 PM Turning Point Church • 2 PM Word in a Word	**30** • 10:30 AM Chair Yoga • 11 AM Trivia • 1 PM Afternoon Walk • 1:30 PM Arts & Crafts • 3 PM Left, Right, Center Game • 4 PM Choir Pratice					

L ~ LIVING ROOM
PDR ~ PRIVATE DINING ROOM
DR ~ DINING ROOM
CY ~ COURTYARD
UL ~ UPSTAIRS LIVING ROOM
AR ~ ACTIVITY ROOM

All Activities are Subject to Ch

