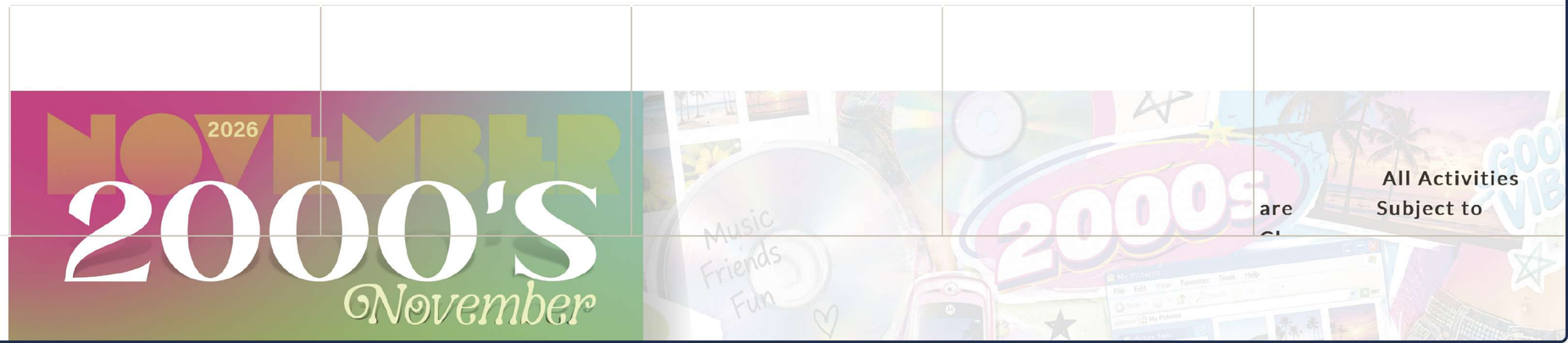
November 2026 - The Canopy at Westridge Memory Care

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 • 10 AM Sunday Hymns • 1 PM Bible Stories • 1 PM Turning Point Church • 2 PM Snack Time • 3 PM Sunday Movie	**2** • 10:30 AM Sit & Be Fit • 11 AM Armchair Travels • 1 PM Story Time • 2 PM Smoothies • 3:30 PM Ring Toss • 6 PM Let's Color	**3** • 10:30 AM Body Movement • 11 AM Sensory/Objects • 1:30 PM Scenic Ride • 2 PM Smoothies • 3 PM Let's Color • 6 PM Throwback TV	**4** • 10:30 AM Vitality Stretch • 11 AM 2000'S Country • 1 PM Simon Says • 2 PM Snack Time • 3 PM Picture Bingo • 6 PM Throwback TV	**5** • 10:30 AM Sit & Be Fit • 11 AM Memory Lane • 1 PM Fall Craft • 2 PM Smoothies • 3 PM Beading • 6 PM Memory match	**6** • 10:30 AM Body Movement • 11 AM Sensory/Objects • 1 PM This or That • 2 PM Smoothies • 3 PM Fridays of Faith • 6 PM Calming Tunes	**7** • 10:30 AM Noodle Hockey • 12 PM Music to Dine • 1:30 PM Balloon Toss • 3 PM Free Game Time
8 • 10 AM Sunday Hymns • 1 PM Bible Stories • 1 PM Turning Point Church • 2 PM Snack Time • 3 PM Sunday Movie	**9** • 10:30 AM Vitality Stretch • 11 AM Mani & Massages • 1 PM Simon Says • 2 PM Snack Time • 3 PM Ring Toss • 6 PM Calming Tunes	**10** • 10:30 AM Sit & Be Fit • 11 AM Armchair Travels • 1 PM Name (5) Game • 2 PM Smoothies • 3 PM HAPPY HOUR w/ TURUA • 3 PM Bubble Fun • 6 PM Throwback TV	**11** • 10:30 AM Body Movement • 11 AM Bulls Eye Game • 1 PM Story Time • 1:30 PM Scenic Ride • 2 PM Snack Time • 3 PM Picture Bingo • 6 PM Memory Lane	**12** • 10:30 AM Sit & Be Fit • 11 AM Balloon Baseball • 11 AM Worship w/Bowens • 1 PM Recall Reading • 2 PM Smoothies • 3 PM Beading • 6 PM Sing Along	**13** • 10:30 AM Body Movement • 11 AM 2000's Vibes • 1 PM Fridays of Faith • 2 PM Smoothies • 3 PM Craft • 6 PM Throwback TV	**14** • 10:30 AM Noodle Hockey • 12 PM Music to Dine • 1:30 PM Balloon Toss • 3 PM Free Game Time
15 • 10 AM Sunday Hymns • 1 PM Bible Stories • 1 PM Turning Point Church • 2 PM Snack Time • 3 PM Sunday Movie	**16** • 10:30 AM Body Movement • 11 AM Sensory/Objects • 1 PM Recall Reading • 2 PM Snack Time • 3 PM Balloon Toss • 6 PM Throwback TV	**17** • 10:30 AM Noodle Robics • 11 AM Simon Says • 1:30 PM Scenic Ride • 2 PM Smoothies • 3 PM Balloon Baseball • 6 PM Calming Tunes	**18** • 10:30 AM Body Movement • 11 AM Sensory Time • 2 PM Fresh Fruit Snack • 3 PM Tree Craft • 6 PM Throwback TV	**19** • 10:30 AM Vitality Stretch • 11 AM Think Tank • 1 PM Chit Chat Social • 2 PM Smoothies • 3 PM Fall Craft • 6 PM Sensory/Objects	**20** • 10:30 AM Chair Yoga • 11 AM Mystery Craft • 1 PM Fridays of Faith • 2 PM Smoothies • 3 PM Ring Toss • 6 PM Calming Tunes	**21** • 10:30 AM Noodle Hockey • 12 PM Music to Dine • 1:30 PM Balloon Toss • 3 PM Free Game Time
22 • 10 AM Sunday Hymns • 1 PM Bible Stories • 1 PM Turning Point Church • 2 PM Snack Time • 3 PM Sunday Movie	**23** • 10:30 AM Sit & Be Fit • 11 AM Simon Says • 1 PM Sing Along • 2 PM Smoothies • 3 PM Ball Bounce • 6 PM Throwback TV	**24** • 10:30 AM Body Movement • 11 AM Recall Reading • 1:30 PM Scenic Ride • 2 PM Fresh Fruit Snack • 3 PM Greenery Corner • 6 PM Sensory/Objects	**25** • 10:30 AM Noodle Robics • 11 AM Armchair Travels • 1 PM Mystery Activity • 2 PM Snack Time • 3 PM Picture Bingo • 6 PM Throwback TV	**26** • 10:30 AM Body Movement • 11 AM Mani & Massages • 1 PM Ball Bounce • 2 PM Smoothies • 3 PM Beading • 6 PM Calming Tunes	**27** • 10 AM Music Therapy • 11 AM Sensory/Objects • 1 PM Fridays of Faith • 2 PM Smoothies • 3 PM Noodle Hockey • 6 PM Calming Tunes	**28** • 10:30 AM Noodle Hockey • 12 PM Music to Dine • 1:30 PM Balloon Toss • 3 PM Free Game Time
29 • 10 AM Sunday Hymns • 1 PM Bible Stories • 1 PM Turning Point Church • 2 PM Snack Time • 3 PM Sunday Movie	**30** • 10:30 AM Noodle Robics • 11 AM Balloon Toss • 1 PM Recall Reading • 1;30 Scenic ride • 2 PM Smoothies • 3 PM Beading • 6 PM Calming Tunes					



All Activities are Subject to