

APRIL 2026

West Valley Life Enrichment Program



Benevilla®

ANNOUNCEMENTS

Birthday's

JOHN S. 04/06

DAILY SCHEDULE

8:00 AM—5:00PM


Daily Activities Include:

- Exercise
- Physical Activities
- Cognitive Activities
- Discussion Groups
- Creative Aging
- Gardening
- Music

9:00AM—10 AM | MORNING SNACK

12 PM to 1pm | LUNCH

2:00PM—3 PM | AFTERNOON SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bloom and Grow Daily Chronicles Sit N Fit Bingo Drums w/Nancy @1pm	2 Walking Club Trivia Easter Craft Crescendo's w/Lindsey Karaoke	3 Bloom and Grow Daily Chronicles Easter Social Vitality Motion @1pm Movie Matinee
6 Bloom and Grow Daily Chronicles Guitar w/ Ken @11am Trivia	7 Walking Club Noodle Ball SPA Zumba w/ Sharon @1pm	8 <u>National Zoo Lover Day</u> Bloom and Grow Daily Chronicles Sit N Fit Animal Collage Art	9 Walking Club X Box Bowling Crescendo's w/Lindsey Piano w/John @1pm	10 <u>Swig Run</u> Bloom and Grow Daily Chronicles Sit N Fit Movie Matinee
13 Bloom and Grow Memory Lane Sit N Fit Audrey's Angel's@1pm	14 <u>Az Baseball Museum</u> Walking Club Daily Chronicles Creative Arts Zumba w/ Sharon @1pm	15 Bloom and Grow Bingo Sit N Fit Drums w/Nancy@1pm	16 <u>Starbucks Run</u> Walking Club Daily Chronicles Crescendo's w/Lindsey Karaoke	17 <u>National Kickball Day</u> Bloom and Grow Art w/ Vickie @10am Sing Along w/Jean @11am Vitality Motion@1pm
20 Bloom and Grow Daily Chronicles Sit N Fit Xbox Bowling/Ring Toss	21 <u>National Tea Day</u> Walking Club Tea Social Noodle Ball Zumba w/Sharon@1pm	22 Bloom and Grow Bingo Creative Art Piano w/John @1pm	23 <u>Hobby Lobby Outing</u> Daily Chronicles Sit N Fit Crescendo's w/Lindsey Karaoke	24 Bloom and Grow Walking Club Movie Matinee Sing Along w/ Ms. Kitty @1:15pm
27 Bloom and Grow Daily Chronicles Sit N Fit Audrey's Angel's @1pm	28 Walking Club SPA Noodle Ball Zumba w/Sharon@1pm	29 <u>National Dance Day</u> Bloom and Grow Bingo Sit N Fit Drums w/Nancy @1pm	30 <u>Dairy Queen Outing</u> Walking Club Daily Chronicles Crescendo's w/Lindsey Karaoke	