

JUNE 2026



Benevilla®

West Valley Life Enrichment Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bloom and Grow Sit N Fit w/Allie Guitar w/Ken @11am Creative Arts	2 <i>Daily Chronicles</i> <i>Spa Day</i> <i>Walking Club</i> Piano w/John @11am Zumba w/Sharon @1pm	3 Bloom and Grow Bingo Sit N Fit Creative Arts	4 Daily Chronicles Walking Club Crescendo's w/Lindsey Karaoke	5 Bloom and Grow Bingo Sit N Fit Movie Matinee Crescendo Concert @130pm
8 <u>National Best Friend Day</u> Bloom and Grow Sit N Fit w/Allie Creative Arts Audrey's Angel's @1pm	9 Daily Chronicles Spa Day Walking Club Piano w/John @11am Zumba w/Sharon @1pm	10 <u>National Ice Tea Day</u> Bloom and Grow Bingo Sit N Fit Creative Arts Drums w/Nancy @1pm	11 <u>Spencer's Café Outing</u> Daily Chronicles Walking Club Karaoke Memory Lane	12 Bloom and Grow Daily Chronicles Bingo Sit N Fit Movie Matinee
15 Bloom and Grow Sit N Fit w/ Allie Creative Arts Xbox Bowling	16 Daily Chronicles Spa Day Sit N Fit Piano w/John @11am Zumba w/Sharon @1pm	17 Bloom and Grow Bingo Creative Arts Sit N Fit	18 Daily Chronicles Walking Club Karaoke Memory Lane	19 Bingo Sit N Fit Sing Along w/Jean@11am Vitality Motion @1pm Ice Cream Social
22 Bloom and Grow Sit N Fit w/Allie Audrey's Angel's @1pm Creative Arts	23 <u>Uptown Alley Bowling</u> Daily Chronicles Walking Club Spa Day Piano w/John @11am Zumba w/Sharon@1pm	24 Bloom and Grow Bingo Sit N Fit Creative Arts Drums w/Nancy @1pm	25 <u>Member's Council</u> Daily Chronicles Walking Club Karaoke Sing Along w/ Miss .Kitty @1:15pm	26 Bloom and Grow Daily Chronicles Bingo Sit N Fit Freedom Plaza Group @1pm
29 <u>National Camera Day</u> Bloom and Grow Sit N Fit w/ Allie Creative Arts Xbox Bowling	30 Daily Chronicles Walking Club Spa Day Piano w/John @11am Zumba w/Sharon @1pm			

ANNOUNCEMENTS

BIRTHDAY'S

Rachel C. 6/5

**The Crescendo Luau
Summer Concert 6/5
1:30pm**

DAILY SCHEDULE

8:00 AM—4:30 PM

Daily Activities Include:

Exercise	Discussion Groups
Physical Activities	Creative Aging
Cognitive Activities	Gardening
	Music

9:00 AM—10:00 AM | MORNING SNACK

12:00PM— 1:00PM | LUNCH

2:00 PM—3:00 PM | AFTERNOON SNACK

