

MAY 2026



Benevilla®

West Valley Life Enrichment Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>Global Love Day</u> Daily Chronicles Bingo Creative Arts Vitality Motion @1pm
4 Bloom and Grow Guitar w/Ken @11am Sit N Fit Audrey's Angel's @1pm	5 Cinco De Mayo Social Piano w/John @11am Zumba w/Sharon @1pm Bible Study	6 Bloom and Grow Daily Chronicles Bingo Noodle Ball	7 Memory Lane Crescendo's w/Lindsey Karaoke Sit N Fit	8 <u>Starbucks Run</u> Bloom and Grow Bingo Creative Arts Movie Matinee
11 Bloom and Grow Kickball Sit N Fit Audrey's Angels @1pm	12 <u>Fat Cats Outing</u> Creative Arts SPA Day Zumba w/Sharon @1pm International Nurses' Day	13 Bloom and Grow Bingo Sit N Fit Drums w/Nancy @1pm	14 Daily Chronicles Sit N Fit Crescendo's w/Lindsey Karaoke	15 Bloom and Grow Walking Club Sing Along w/Jean @11am Vitality Motion @1pm
18 Bloom and Grow Xbox Bowling Sit N Fit Monday Group @1pm	19 <u>Uptown Alley</u> Walking Club Bible Study SPA Day Zumba w/Sharon @1pm	20 Bloom and Grow Daily Chronicles Bingo Sit N Fit	21 <u>Notebook Day</u> Ring Toss Sit N Fit Crescendo's w/ Lindsey Karaoke	22 <u>Wendy's Frosty Run</u> Veteran Donut Social Bingo Creative Arts Movie Matinee
25 Memorial Day Program Closed	26 Bible Study Creative Arts SPA Day Zumba W/Sharon @1pm	27 Bloom and Grow Bingo Sit N Fit Drums w/Nancy @1pm	28 <u>Member Council</u> Parachute Kickball Sit N Fit Crescendo's w/Lindsey Karaoke	29 <u>Slime City Studio</u> Bloom and Grow Bingo Sing Along w/Ms. Kitty@1pm . Movie Matinee

ANNOUNCEMENTS

Birthday's

- Marlene S. 5/04
- Lloyd D.5/06
- Flora W.5/08
- Sandra W. 5/14
- James L .5/20
- Eric D. 5/21

Memorial Day Closed 5/25

DAILY SCHEDULE

8:00 AM—5:00PM

Daily Activities Include:

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

9:00AM—10 AM | MORNING SNACK

12 PM to 1PM| LUNCH

2:00PM—3 PM | AFTERNOON SNACK

