



# JULY 2026

## West Valley Life Enrichment Program



# Benevilla®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bloom and Grow Patriotic Art w/Shanna Bingo Sit N Fit	2 Daily Chronicles Ring Toss Cornhole Fourth of July Ice Cream Social @130pm	
6 Bloom and Grow Creative Arts Sit N Fit Sing Along w/Ken@11am	7 Piano w/John@11am Walking Club SPA Day Zumba w/ Sharon@1pm	8 Bloom and Grow Creative Arts Drums w/Nancy@1pm Pet Therapy@230pm Member's Birthday Celebration	9 <u>SUGAR COOKIE DAY</u> Daily Chronicles/Memory Lane Noodle Ball / Ring Toss Karaoke <u>OUTING</u> <u>PETER PIPER PIZZA</u>	10 Bloom and Grow Bingo Sit N Fit Movie Matinee w/popcorn
13 <u>SONIC RUN</u> Bloom and Grow Creative Art Daily Chronicles Audrey's Angels@1pm	14 Piano w/John@11am Walking Club SPA Day Zumba w/Sharon @1pm	15 Bloom and Grow Creative Arts Xbox Bowling Bingo	16 Daily Chronicles Walking Club Karaoke Kickball / Golf Putt	17 Bloom and Grow Bingo Sing Along w/ Jean@11am Movie Matinee
20 Bloom and Grow Creative Arts Beach Ball Toss	21 Holiday Trivia Piano w/John@11am SPA Day Zumba w/Sharon@1pm ***** CHRISTMAS	22 Bloom and Grow Creative Arts Drums w/Nancy@1pm Pet Therapy@230pm JULY	23 <u>VANILLA ICE CREAM DAY</u> Daily Chronicles Christmas Karaoke Sit N Fit / Noodle Ball WEEK *****	24 <u>TELL AN OLD JOKE DAY</u> Bloom and Grow Bingo Jingle Sit N Fit Christmas Movie
27 <u>DUTCH BRO RUN</u> Bloom and Grow Creative Art Daily Chronicles Audrey's Angels@1pm	28 <u>MILK CHOCOLATE DAY</u> SPA Day Piano w/John@11am Walking Club Zumba w/Sharon@1pm	29 Bloom and Grow Creative Arts Bingo Xbox bowling	30 <u>OUTING CULVER'S</u> Daily Chronicles Walking Club Karaoke Golf Putt MEMBER COUNCIL	31 Bloom and Grow Sit N Fit Bingo Ms. Kitty Sing Along@1:15pm

### ANNOUNCEMENTS

#### BIRTHDAY'S

Charlie S. 7/16

Christine D. 7/21

Nancy O. 7/22

#### PROGRAM CLOSED

7/3/26

### DAILY SCHEDULE

8:00 AM—5:00PM

#### Daily Activities Include:

Exercise	Discussion Groups
Physical Activities	Creative Aging
Cognitive Activities	Gardening
	Music

9:00AM—10 :00AM | MORNING SNACK

12:00PM -1:00PM | LUNCH

2:00 PM—3:00 PM | AFTERNOON SNACK