

AUGUST 2026

West Valley Life Enrichment Program



Benevilla®

ANNOUNCEMENTS

West Valley Program
Closed Early @ 3pm

Thursday 8/13

DAILY SCHEDULE

8:00 AM—5:00 PM

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

2:00PM—3:00PM | AFTERNOON
SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Daily Chronicles Creative Arts Sit N Fit w/ Allie Memory Lane	4 Bible Study@10am Walking Club Piano w/John@11am Zumba w/Sharon@1pm	5 Daily Chronicles Sit N Fit Guitar w/Joe @11am Drums w/ Nancy@1pm Pet Therapy @230pm	6 Walking Club SPA Day Karaoke Creative Arts	7 Daily Chronicles Sit N Fit Bingo Movie Matinee
10 Creative Arts Sit N Fit w/ Allie Audrey's Angels@1pm Memory Lane	11 Bible Study@10am Walking Club Piano w/John@11am Zumba w/Sharon@1pm	12 VINYL RECORD DAY Walking Club Sit N Fit Bingo Xbox Bowling	13 Karaoke Creative Arts SPA day Magic w/Frank @1:15pm	14 SWIG RUN Daily Chronicles Sit N Fit Kickball Bingo
17 Creative Arts Sit N Fit w/ Allie Memory Lane Golf Putt	18 Bible Study@10am Walking Club Piano w/John@11am Zumba w/Sharon@1pm	19 OUTING@ IHOP Bingo Walking Club Drums w/ Nancy@1pm Pet Therapy @230pm	20 Trivia Karaoke SPA day Creative Arts	21 SENIOR CITIZEN DAY Daily Chronicles Sit N Fit Sing Along w/Jean@11am Elvis In the House @1pm
24 Creative Arts Sit N Fit Allie Audrey's Angels @1pm Memory Lane	25 BANANA SPLIT DAY Bible Study@10am Walking Club Piano w/John@11am Zumba w/Sharon@1pm	26 Daily Chronicles Sit N Fit Noodle Ball Bingo	27 OUTING @ DOLLAR TREE Karaoke SPA Day Creative Arts MEMBER COUNCIL	28 STARBUCKS RUN Daily Chronicles Movie Matinee Sit N Fit Tunes w/ Ms. Kitty@1:15pm
31 Creative Arts Sit N Fit w/Allie Guitar w/ Ken @11am Memory Lane			BIRTHDAYS 8/4 Ivernia K. 8/18 Micheal S. 8/21 Gregg S. 8/23 Benita A. 8/27 Deborah P. 8/28 Michele J.	

