

SEPTEMBER 2026

West Valley Life Enrichment Program



Benevilla®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 LETTER WRITING DAY <i>Morning Social</i> <i>Walking Club / Golf Putt</i> <i>Bible Study @10am</i> <i>Piano w/ John @11am</i>	2 Daily Chronicles Guitar w/ Joe @11am Sit N Fit Pet Therapy @230pm	3 Morning Social Walking Club / Noodle Ball Creative Arts Memory Lane Comfort & Connection	4 Daily Chronicles Sit N Fit Movie Matinee Labor Day Ice Cream Social
	8 Morning Social Bible Study @10am Piano w/ John @11am Zumba w/ Sharon @1pm Comfort & Connection	9 Daily Chronicles Sit N Fit Drumming Circle Bingo Birthday Celebration Day	10 Morning Social Walking Club / Xbox Bowling Crescendo's w/ Lindsey Creative Arts Comfort & Connection	11 BARROS RUN Daily Chronicles Sit N Fit Movie Matinee Bingo
14 COLORING DAY Creative Arts Sit N Fit w/ Allie Story Telling Audrey's Angel's @1pm	15 Morning Social Bible Study @10am Piano w/ John @11am Zumba w/ Sharon @1pm Comfort & Connection	16 GUACAMOLE DAY Daily Chronicles Sit N Fit Bingo Pet Therapy @230pm	17 Morning Mingle w/ Peoria Police @9am Walking Club / Corn Hole Crescendo's w/ Lindsey	18 Daily Chronicles Sit N Fit Sing Along w/ Jean @11am Movie Matinee
21 Sit N Fit w/ Allie Creative Arts Story Telling Comfort & Connection	22 Morning Social Bible Study @10am Piano w/ John @11am Zumba w/ Sharon @1pm	23 BIBIANO'S OUTING Sit N Fit Bingo Drumming Circle Comfort & Connection	24 Member Council Morning Social Walking Club / Ring Toss Crescendo's w/ Lindsey Karaoke	25 FROSTY RUN Sit N Fit Bingo Movie Matinee Sing Along w/ Kitty @1:15pm
28 Sit N Fit / Allie Creative Arts Guitar w/ Ken @11am Audrey's Angels @1pm	29 DESERT CASINO OUTING Morning Social Bible Study @10am Piano w/ John @11am Zumba w/ Sharon @1pm	30 Sit N Fit Comfort & Connection Bingo Pet Therapy @230pm		BIRTHDAYS Sharon Y. 9/11 Phillip B. 9/14 David P. 9/15

ANNOUNCEMENTS

**West Valley Program
Will Be Closed On
Labor Day
9/7/2026**

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**

12:00 PM | LUNCH

**2:00PM—3:00 PM | AFTERNOON
SNACK**

