OCTOBER 2026

West Valley Life Enrichment Program



Benevilla®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **NATIONAL HAIR DAY** Morning Social Sit N Fit Creative Arts SHOW YOUR BEST HAIR STYLE DAY	2 **WORLD FARMED ANIMALS DAY** Daily Chronicles Waling Club Bingo OKOBTER FEST SOCIAL@1PM
5 Daily Chronicles Sit N Fit w/Allie Guitar w/Ken @11am Creative Arts	6 Bible Study Piano w/ John @11am Comfort & Connection Zumba w/Sharon @1pm	7 **NATIONAL FRAPPE DAY** Daily Chronicles Sing Along w/Joe @11am Bingo Kickball/Golf Putt STARBUCKS RUN**	8 **OLIVE GARDEN OUTING** Morning Social Sit N Fit Creative Arts Comfort & Connection Crescendo's w/ Lindsey	9 **NATIONAL SNEAKER DAY** Sit N Fit Daily Chronicles Bingo Movie Matinee WV ALZHEIMER'S WALK
12 Story Telling Sit n Fit w/Allie Audrey's Angels @1pm Creative Arts	13 **TRAIN YOUR BRAIN DAY** Bible Study Piano w/John @11am Comfort & Connection Zumba w/Sharon @1pm	14 **NATIONAL DESERT DAY** Birthday Celebration Sit N Fit Bingo Ring Ross/Corn Hole Pet Therapy @230pm	15 Morning Social Creative Arts Comfort & Connection Crescendo's w/ Lindsey	16 Walking Club Sing Along w/Jean @11am Bingo Movie Matinee
19 Daily Chronicles Story Telling Sit N Fit w/Allie Creative Arts	20 Daily Chronicles Piano w/John @11am Comfort & Connection Zumba w/Sharon @1pm	21 Sit N Fit Bingo X box Bowling Drumming Circle	22 **BUC-EE'S OUTING** Morning Social Comfort & Connection Creative Arts Crescendo's w/Lindsey	23 Walking Club Bingo Sing Along w/Ms Kitty @1:15pm Movie Matinee
26 **NATIONAL PUMPKIN DAY** Sit N Fit w/Allie Audrey's Angel's @1pm Story Telling PUMPKIN DECORATION DAY	27 **CRACKER BARREL** Daily Chronicles Piano w/John @11am Zumba w/Sharon @1pm Comfort & Connection ** HALLOWEEN	28 Daily Chronicles Sit N Fit Bingo Pet Therapy@230pm SPIRIT	29 **MEMBER COUNCIL DAY** Comfort & Connection Creative Arts Karaoke Crescendo's w/Lindsey WEEK **	30 **CANDY CORN DAY** Walking Club Bingo Halloween Trivia BOO AT THE FARM FEST @1:30PM

ANNOUNCEMENTS

BIRTHDAY'S

Jean S. 10/5

Ronald G. 10/7

Randal A. 10/11

Alyxandra 10/16

Jennifer 10/25

DAILY SCHEDULE

8:00 AM—5:00 PM

Daily Activities Include:

Exercise	Discussion Groups
Physical Activities	Creative Aging
Cognitive Activi-ties	Gardening
	Music

9:00AM—10:00 AM | MORNING SNACK

12 :00PM-1:00PM | LUNCH

2:00 PM—3:00 PM | AFTERNOON SNACK