

Life Enrichment – Westland				August 2026
Monday	Tuesday	Wednesday	Thursday	Friday
3 Avon \$ 10:15 Monthly Gazette 10:45 Pom Pom Exercise 11:00 Calendar Rev./Reg. 1:00 Spiritual Wellness 1:30 Bingo	4 Joy of Chocolate \$ 10:15 TV & Talk 10:45 Chair Zumba 11:00 Craft 1:00 Spiritual Wellness 1:30 Calendar Rev./Reg.	5 Enjoi Desserts \$ 10:15 Sip & Socialize 10:45 Tabletop Drumming 11:00 Cards/Board Games 1:00 Bible Study 1:30 Makeup w/ Val	6 Enjoi Desserts \$ 10:15 Morning Music 10:45 Senior Stretches 11:00 Independent Leisure 1:00 Bible Study 1:30 Dance w/ DJ Mike	7 Sweet Fruit \$ 10:15 Coffee & Converse 10:45 Move & Groove 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Shake it w/ Sheri
10 Divine Cre8tions \$ 10:15 Daily Chronicle 10:45 Pom Pom Exercise 11:00 Jewelry Making/Word Puzzles 1:00 Spiritual Wellness 1:30 Art Therapy	11 Ford's Garage Outing \$ 10:15 Daily Chronicle 10:45 Pom Pom Exercise 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Movie & Root Beer Floats	12 Avon \$ 10:15 TV & Talk 10:45 Chair Zumba 11:00 Craft 1:00 Bible Study 1:30 Bingo	13 Westborn Mall Outing \$ 10:15 Sip & Socialize 10:45 Tabletop Drumming 11:00 Manicures/Word Puzzles 1:00 Bible Study 1:30 Bingo	14 Paparazzi Jewelry \$ 10:15 Morning Music 10:45 Senior Stretches 11:00 Manicures/Word Puzzles 1:00 Spiritual Wellness 1:30 Lavance Entertainment
17 10:15 Morning Music 10:45 Tabletop Drumming 11:00 Craft 1:00 Spiritual Wellness 1:30 Bingo	18 10:15 Coffee & Converse 10:45 Senior Stretches 11:00 Painting 1:00 Spiritual Wellness 1:30 Shake It w/ Sheri	19 Summer Carnival 10:15 Coffee & Converse 10:45 Move & Groove 11:00 Carnival Games 1:00 Spiritual Wellness 1:30 Smiley the Clown	20 Culver's Outing \$ 10:15 TV & Talk 10:45 Chair Zumba 11:00 Ind. Leisure/ HOSM Info 1:00 Bible Study 1:30 Bingo	21 10:15 Sip & Socialize 10:45 Balloon Volleyball 11:00 Card/Board Games 1:00 Spiritual Wellness 1:30 Sing w/ Faye
24 10:15 Sip & Socialize 10:45 Senior Stretches 11:00 Jewelry Making 1:00 Spiritual Wellness 1:30 Al Livingston Music	25 Wild Bins Outing \$ 10:15 Morning Music 10:45 Tabletop Drumming 11:00 Craft 1:00 Spiritual Wellness 1:30 Bingo	26 Enjoi Desserts \$ 10:15 Coffee & Converse 10:45 Senior Stretches 11:00 855 Edu./Ppt. Rights 1:00 Bible Study 1:30 IN2L/Gardening	27 10:15 Daily Chronicle 10:45 Pom Pom Exercise 11:00 855 Edu./Ppt. Rights 1:00 Bible Study 1:30 Auction	28 Divine Cre8tions \$ 10:15 TV & Talk 10:45 Chair Zumba 11:00 Craft/ HOSM Info. 1:00 Spiritual Wellness 1:30 Country Hoedown w/ DJ Mike
31 10:15 Coffee & Converse 10:45 Balloon Volleyball 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Monthly Birthday Party w/Eric	Aisha's Salon: First Thursday & Every Friday \$ *activities are subject to change*  You may get an envelope like this with a survey in it. This survey asks how hard it would be to do different tasks if you did <i>not</i> have support from PACE, family or any equipment. Answering the questions from this perspective will help PACE provide the exact support you need to stay independent. If you have any questions or need help filling it out, please ask! We would love to help you!			