





Sample Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Activities Are Subject To Change.</p>		<p>1</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Chair Yoga, <i>VN</i> 11:00 Active Living w/ Lauren- Get Fit, <i>VP</i> 1:00-4 Creative Expressions - Words with Friends, <i>VN</i> 2:30 New Years Day Social, <i>VN</i> 4:00 Transition Time= Resident Music Hour, <i>VN</i> 6:00-8p Community Connection- Movie Night, <i>VP</i></p>	<p>2</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00-11 Active Living- Yoga With Cheryl, <i>VP</i> 1:00-4p Creative Expressions- Jewelry Making w Sarita, <i>VN</i> 4:00 Transition Time- Resident Music Hour, <i>VN</i> 6:00-8p Community Connection- Comedy Movie Night, <i>VN</i></p>	<p>3</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Chair Yoga, <i>VN</i> 11:00 Transition Time- Music Hour, <i>VN</i> 1:00-4p Creative Expressions- Valeo Baking Club, <i>VD</i> 4:00 Transition Time- Resident Music Choice, <i>VN</i> 6:00-8p Community Connection- Game Night, <i>VN</i></p>	<p>4</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Sittercise- Ball Toss, <i>VN</i> 10:00 Active Living- Table Tennis Tournament, <i>VP</i> 11:00-1:00 Transition Time-Poems, Chicken Soup For the Soul, <i>VN</i> 4:00 Transition Time- Resident Music Hour, <i>VN</i> 6:00-8p Community Connection- Game Night, <i>VN</i></p>	<p>5</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living- Sit and Be Fit, <i>VN</i> 11:00 Transition Time- Current Events, <i>VN</i> 1:00-4p Creative Expressions - Create and Compose, <i>VN</i> 4:00 Transition Time- Resident Music Hour, <i>VN</i> 6:00-8p Community Connection- Movie Night, <i>VN</i></p>
	<p>6</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living- Sit and be Fit, <i>VN</i> 10:00 Spiritually Minded-Sunday Services, <i>VP</i> 11:00 Transition Time- Resident Music Hour, <i>VN</i> 1:00-4p Creative Expressions - Creative Corner, <i>VP</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection- Game Night, <i>VN</i></p>	<p>7</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Sittercise, <i>VN</i> 10:00 Active Living- Lets' Bowl, <i>VP</i> 11:00 Transition Time-Resident Music Hour, <i>VN</i> 2:00-3:00 Entertainment with Bruce Anderson, <i>VP</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection- Game Night, <i>VN</i></p>	<p>8</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living- Get Fit w/ Lauren, <i>VN</i> 11:00 Create and Compose, <i>VN</i> 1:00 Entertainment w/ DJ Styles, <i>VN</i> 1:00-4p Creative Expressions - Words with Friends, <i>VN</i> 4:00 Transition Time-Resident Music Hour, <i>VN</i> 6:00-8p Community Connection- Movie Night, <i>VN</i></p>	<p>9</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00-11 Active Living- Yoga w/ Cheryl, <i>VP</i> 11:00-1p Transition Time- Aromatherapy Hand Massages, <i>VN</i> 1:00-4p Creative Expressions -Lets Travel Color and Create, <i>VN</i> 4:00 Transition Time- Legacy Kits and Chicken Soup Stories, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>10</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living- Walking Club, <i>VN</i> 11:00 Transition Time-Resident Music Hour, <i>VN</i> 1:00-4p Creative Expression-Cooking Club, <i>VD</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>11</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Sittercise, <i>VN</i> 10:00 Active Living, <i>VP</i> 11:00 Transition Time- Resident Music Hour, <i>VN</i> 1:00-4p Creative Expressions- Paint Party w/ Team, <i>VP</i> 4:00 Transition Time- Legacy Kits, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>
<p>13</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00 Spiritually Minded, <i>VP</i> 11:00 Transition Time- Music Hour, <i>VN</i> 1:00-4p Creative Expressions - Creative Corner, <i>VP</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>14</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Sittercise, <i>VN</i> 10:00-12 Active Living- Lets Bowl, <i>VP</i> 11:00 Transition Time, <i>VN</i> 2:00-4p Milkshakes and Manicures, <i>VP</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>15</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Get Fit w/ Lauren, <i>VN</i> 11:00 Transition Time, <i>VN</i> 1:00-4p Creative Expressions- Brain Games, <i>VN</i> 2:30 Afternoon at the Movies, <i>MT</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>16</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00-11 Active Living- Yoga w/ Cheryl, <i>VP</i> 11:00-1p Transition Time- Aromatherapy Hand Massages, <i>VN</i> 1:00-4p Creative Expressions - Arts and Crafts, <i>VN</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>17</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Chair Yoga, <i>VN</i> 11:00-1p Transition Time- Pet Therapy w/ Janet, <i>VN</i> 1:00-4p Creative Expression-Cooking Club, <i>VD</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>18</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Sittercise, <i>VN</i> 10:00-12 Active Living- Roll the Dice, <i>VP</i> 11:00 Transition Time-, <i>VN</i> 11:00 Valeo Lunch Club Trip to Red Robin, <i>VD</i> 4:00 Transition Time- Legacy Kits, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>19</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Chair Yoga, <i>VN</i> 11:00-1p Transition Time- Aromatherapy Massages, <i>VN</i> 1:00-4p Creative Expressions - Color and Create, <i>VN</i> 4:00 Transition Time, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>
<p>20</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00 Spiritually Minded, <i>VP</i> 11:00 Transition Time, <i>VN</i> 1:00-4p Creative Expressions - Creative Corner, <i>VP</i> 4:00 Transition Time- Resident Music Hour, <i>VN</i> 6:00-8p Community Connection- Game Night, <i>VN</i></p>	<p>21</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Sittercise, <i>VN</i> 10:00-12 Active Living- Lets Bowl, <i>VP</i> 11:00 Transition Time, <i>VN</i> 2:00-4p Movies and Manicures, <i>VP</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>22</p> <p>7:00-9:00 Gentle Waking-, <i>VN</i> 9:00-11 Active Living-Get Fit w/ Lauren, <i>VN</i> 11:00 Transition Time- Resident Music Hour, <i>VN</i> 1:00-4p Creative Expressions- Words w/ Friends, <i>VN</i> 2:30 Afternoon at the Movies, <i>MT</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>23</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00-11 Active Living- Yoga w/ Cheryl, <i>VP</i> 11:00-1pm Transition Time- Aromatherapy Hand Massages, <i>VN</i> 1:00-4p Creative Expressions -Arts and Crafts, <i>VN</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>24</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Chair Yoga, <i>VN</i> 11:00-1p Creature Comforts, <i>VN</i> 1:00-4p Creative Expression-Cooking Club, <i>VD</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>25</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Sittercise, <i>VN</i> 10:00-12 Active Living- Roll the Dice, <i>VP</i> 11:00 Transition Time- Create and Compose, <i>VN</i> 1:00-4p Creative Expressions, <i>VN</i> 4:00 Transition Time- Legacy Kits, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>26</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Chair Yoga, <i>VN</i> 11:00-1p Transition Time- Aromatherapy Hand Massages, <i>VN</i> 1:00-4p Creative Expressions -, <i>VN</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>
<p>27</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00 Spiritually Minded, <i>VP</i> 11:00 Transition Time-Resident Music Hour, <i>VN</i> 1:00-4p Creative Expressions - Creative Corner, <i>VP</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>28</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Sittercise, <i>VN</i> 10:00-12 Active Living- Lets Bowl, <i>VP</i> 11:00 Transition Time, <i>VN</i> 2:00-4p Milkshakes and Manicures, <i>VP</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>29</p> <p>7:00-9:00 Gentle Waking-Morning Silliness, <i>VN</i> 9:00-11 Active Living-Get Fit w/ Lauren, <i>VN</i> 11:00 Transition Time- Resident Music Hour, <i>VN</i> 1:00-4p Creative Expressions- Words with Friends, <i>VN</i> 2:30 Afternoon at the Movies, <i>MT</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>30</p> <p>7:00-9:00 Gentle Waking, <i>VN</i> 9:00-11 Active Living-Walking Club, <i>VN</i> 10:00-11 Active Living- Yoga w/ Cheryl, <i>VP</i> 11:00-1p Transition Time= Aromatherapy Hand Massages, <i>VN</i> 1:00-4p Creative Expressions -Arts and Crafts w. Team, <i>VN</i> 4:00 Transition Time- Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>31</p> <p>7:00-9:00 Gentle Waking- Morning Silliness, <i>VN</i> 9:00-11 Active Living-Chair Yoga, <i>VN</i> 11:00-1p Creature Comforts, <i>VN</i> 1:00-4p Creative Expression-Cooking Club, <i>VD</i> 4:00 Create and Compose, <i>VN</i> 6:00-8p Community Connection, <i>VN</i></p>	<p>MEETING PLACES</p> <p><i>VN</i> - Valeo Neighborhood <i>VP</i> - Valeo Parlor <i>VD</i> - Valeo Dining <i>MT</i> - Movie Theater</p>	<p>DIMENSIONS OF WELLNESS</p> <p>Physical  Social  Spiritual  Intellectual </p>