








# Valeo Engagement February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All Activities are Subject To Change</b></p> 	<p><b>Valeo Director</b> <b>Sarita Scott</b></p> 	<p><i>Happy</i> <b>VALENTINE'S</b> DAY</p> 			<p><b>1</b></p> <ul style="list-style-type: none"> <li>7:00-9:00 Gentle Waking, VN</li> <li>9:00 - 11 Active Living-Sittercise, VN</li> <li>10:00 -12p Active Living- Valeo Walking Club, VP</li> <li>11:00 -12p Transition Time- Storytime and Memory Exercises, VN</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00 -8p Community Connection- Movie Night, VN</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>7:00- 9:00 Gentle Waking, VN</li> <li>9:00 - 11 Active Living- Fun and Fitness w/ Team, VN</li> <li>11:00-12p Transition Time- Coffee and Current Events, VN</li> <li>1:00-4 Creative Expressions -Create and Compose, VN</li> <li>4:00 Transition Time- Resident Choice Music Hour, VN</li> <li>6:00-8p Community Connection, VN</li> </ul>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>7:00-9:00 Gentle Waking, VN</li> <li>9:00 -11 Active Living-Walking Club, VN</li> <li>10:00-11 Spiritually Minded, VP</li> <li>11:00-1p Transition Time- Poetry and Book Club, VN</li> <li>1:00-4p Creative Expressions - Creative Corner, VP</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00-8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking, VN</li> <li>8:00 -9:30 Breakfast Bunch Trip to Cracker Barrel Restaurant, VD</li> <li>9:00 -11 Active Living- Lets Get Physical, VN</li> <li>10:00-12p Active Living- Ball Toss Trivia, VP</li> <li>11:00 Transition Time, VN</li> <li>2:00 -4p Manicures and Music Monday, VP</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00-8p Community Connection- Movie Night, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking- Morning Silliness, VN</li> <li>9:00-11 Active Living-Chair Yoga and Dance, VN</li> <li>11:00-12p Familiar Faces Bingo and Trivia, VN</li> <li>1:00 -4p Creative Expressions - Words with Friends, VN</li> <li>2:00-2:30 Active Living- Fitness and Fun with Donna, VN</li> <li>2:30 Afternoon Matinee at the Theater, MT</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00-8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00-9:00 Gentle Waking, VN</li> <li>9:00-11 Active Living-Walking Club, VN</li> <li>10:00-12p Active Living- Yoga with the Team, VP</li> <li>11:00 -12p Transition Time- Aromatherapy Hand Massages, VN</li> <li>1:00-4p Creative Expressions- Crafts with Sarita, VN</li> <li>4:00 Transition Time- Resident music Hour, VN</li> <li>6:00-8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking- Morning Silliness and Songs, VN</li> <li>9:00 -11 Active Living- Fitness with Donna, VN</li> <li>11:00-12p Transition Time- Aromatherapy and Sensory Massages, VN</li> <li>1:00-4p Creative Expression-Cooking Club, VD</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00-8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking, VN</li> <li>9:00-11 Active Living-Sittercise, VN</li> <li>10:00 -12p Active Living- Valeo Walking and Talking, VP</li> <li>11:00 -12p Transition Time- Story time and Memory Exercises, VN</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00-8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking- Morning Silliness and Songs, VN</li> <li>9:00-11 Active Living- Fun and Fitness w/ Team, VN</li> <li>11:00 -12p Transition Time- Coffee and Current Events., VN</li> <li>1:00-4p Creative Expressions - Create and Compose, VN</li> <li>4:00 Transition Time- Resident Choice Music Hour, VN</li> <li>6:00 -8p Community Connection, VN</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>MEETING PLACES</b>	<b>DIMENSIONS OF WELLNESS</b>
<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking, VN</li> <li>9:00-11 Active Living-Walking Club, VN</li> <li>10:00 Spiritually Minded, VP</li> <li>11:00-12p Transition Time- Poetry And Book Club, VN</li> <li>1:00-4p Creative Expressions - Creative Corner, VP</li> <li>4:00 Transition Time, VN</li> <li>6:00 -8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking- Morning Silliness, VN</li> <li>9:00-11 Active Living-Sittercise, VN</li> <li>10:00-12p Active Living- Ball toss Trivia, VP</li> <li>11:00-12p Transition Time, VN</li> <li>2:00 -4p Manicure and a Movie, VP</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00-8p Community Connection- Game Night, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00-9:00 Gentle Waking, VN</li> <li>9:00-11 Active Living-Chair Yoga, VN</li> <li>11:00-12p Familiar Faces Bingo and Trivia, VN</li> <li>1:00- 4p Creative Expressions - Words with Friends, VN</li> <li>4:00 Transition Time, VN</li> <li>6:00-8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking- Morning Silliness and Songs, VN</li> <li>9:00 -11 Active Living-Walking Club, VN</li> <li>10:00 -12p Active Living- Yoga with Team, VP</li> <li>11:00-12p Sensory and Aromatherapy Massages, VN</li> <li>1:00 -4p Creative Expressions - Crafts with Sarita, VN</li> <li>4:00 Transition Time- Resident Music Hour, VN</li> <li>6:00 -8p Community Connection, VN</li> </ul>	<ul style="list-style-type: none"> <li>7:00 -9:00 Gentle Waking, VN</li> <li>9:00-11 Active Living-Dance Party Fitness w/ Donna VN</li> <li>11:30 Valeo Lunch Outing to Ruby Tuesdays Restaurant, VD</li> <li>1:00 -4p Creative Expression-Cooking Club, VD</li> <li>1:30-2:30 Creature Comforts, VN</li> <li>4:00 Transition Time, VN</li> <li>6:00 -8p Community Connection, VN</li> </ul>	<p>VN - Valeo Neighborhood VP - Valeo Parlor VD - Valeo Dining MT - Movie Theater</p>	<p>Physical  Social  Spiritual  Intellectual </p>

