

Valeo Engagement January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Activities Are Subject To Change.</p>	<p>Valeo Director Sarita Scott</p>	<p>1</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Chair Yoga, VN 11:00 Active Living w/ Lauren- Get Fit, VP 1:00-4 Creative Expressions - Words with Friends, VN 2:30 New Years Day Social, VN 4:00 Transition Time= Resident Music Hour, VN 6:00-8p Community Connection- Movie Night, VP 	<p>2</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Walking Club, VN 10:00-11 Active Living- Yoga With Cheryl, VP 1:00-4p Creative Expressions- Jewelry Making w Sarita, VN 4:00 Transition Time- Resident Music Hour, VN 6:00-8p Community Connection- Comedy Movie Night, VN 	<p>3</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Chair Yoga, VN 11:00 Transition Time- Music Hour, VN 1:00-4p Creative Expressions- Valeo Baking Club, VD 4:00 Transition Time- Resident Music Choice, VN 6:00-8p Community Connection- Game Night, VN 	<p>4</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Sittercise- Ball Toss, VN 10:00 Active Living- Table Tennis Tournament, VP 11:00-1:00 Transition Time-Poems, Chicken Soup For the Soul, VN 4:00 Transition Time- Resident Music Hour, VN 6:00-8p Community Connection- Game Night, VN 	<p>5</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living- Sit and Be Fit, VN 11:00 Transition Time- Current Events, VN 1:00-4p Creative Expressions - Create and Compose, VN 4:00 Transition Time- Resident Music Hour, VN 6:00-8p Community Connection- Movie Night, VN
		<p>6</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living- Sit and be Fit, VN 10:00 Spiritually Minded-Sunday Services, VP 11:00 Transition Time- Resident Music Hour, VN 1:00-4p Creative Expressions - Creative Corner, VP 4:00 Transition Time, VN 6:00-8p Community Connection- Game Night, VN 	<p>7</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Sittercise, VN 10:00 Active Living- Lets' Bowl, VP 11:00 Transition Time-Resident Music Hour, VN 2:00-3:00 Entertainment with Bruce Anderson, VP 4:00 Transition Time, VN 6:00-8p Community Connection- Game Night, VN 	<p>8</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living- Get Fit w/ Lauren, VN 11:00 Create and Compose, VN 1:00 Entertainment w/ DJ Styles, VN 1:00-4p Creative Expressions - Words with Friends, VN 4:00 Transition Time-Resident Music Hour, VN 6:00-8p Community Connection- Movie Night, VN 	<p>9</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Walking Club, VN 10:00-11 Active Living- Yoga w/ Cheryl, VP 11:00-1p Transition Time- Aromatherapy Hand Massages, VN 1:00-4p Creative Expressions -Lets Travel Color and Create, VN 4:00 Transition Time- Legacy Kits and Chicken Soup Stories, VN 6:00-8p Community Connection, VN 	<p>10</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living- Walking Club, VN 11:00 Transition Time-Resident Music Hour, VN 1:00-4p Creative Expression-Cooking Club, VD 4:00 Transition Time, VN 6:00-8p Community Connection, VN
<p>13</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 11:00 Transition Time- Music Hour, VN 1:00-4p Creative Expressions - Creative Corner, VP 4:00 Transition Time, VN 6:00-8p Community Connection, VN 	<p>14</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Sittercise, VN 10:00-12 Active Living- Lets Bowl, VP 11:00 Transition Time, VN 2:00-4p Milkshakes and Manicures, VP 4:00 Transition Time, VN 6:00-8p Community Connection, VN 	<p>15</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Get Fit w/ Lauren, VN 11:00 Transition Time, VN 1:00-4p Creative Expressions- Brain Games, VN 2:30 Afternoon at the Movies, MT 4:00 Transition Time, VN 6:00-8p Community Connection, VN 	<p>16</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Walking Club, VN 10:00-11 Active Living- Yoga w/ Cheryl, VP 11:00-1p Transition Time- Aromatherapy Hand Massages, VN 1:00-4p Creative Expressions - Arts and Crafts, VN 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>17</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Chair Yoga, VN 11:00-1p Transition Time- Pet Therapy w/ Janet, VN 1:00-4p Creative Expression-Cooking Club, VD 4:00 Transition Time, VN 6:00-8p Community Connection, VN 	<p>18</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Sittercise, VN 10:00-12 Active Living- Roll the Dice, VP 11:00 Transition Time-, VN 11:00 Valeo Lunch Club Trip to Red Robin, VD 4:00 Transition Time- Legacy Kits, VN 6:00-8p Community Connection, VN 	<p>19</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Chair Yoga, VN 11:00-1p Transition Time- Aromatherapy Massages, VN 1:00-4p Creative Expressions - Color and Create, VN 4:00 Transition Time, VN 6:00-8p Community Connection, VN
<p>20</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 11:00 Transition Time, VN 1:00-4p Creative Expressions - Creative Corner, VP 4:00 Transition Time- Resident Music Hour, VN 6:00-8p Community Connection- Game Night, VN 	<p>21</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Sittercise, VN 10:00-12 Active Living- Lets Bowl, VP 11:00 Transition Time, VN 2:00-4p Movies and Manicures, VP 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>22</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking-, VN 9:00-11 Active Living-Get Fit w/ Lauren, VN 11:00 Transition Time- Resident Music Hour, VN 1:00-4p Creative Expressions- Words w/ Friends, VN 2:30 Afternoon at the Movies, MT 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>23</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Walking Club, VN 10:00-11 Active Living- Yoga w/ Cheryl, VP 11:00-1pm Transition Time- Aromatherapy Hand Massages, VN 1:00-4p Creative Expressions -Arts and Crafts, VN 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>24</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Chair Yoga, VN 11:00-1p Creature Comforts, VN 1:00-4p Creative Expression-Cooking Club, VD 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>25</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Sittercise, VN 10:00-12 Active Living- Roll the Dice, VP 11:00 Transition Time- Create and Compose, VN 1:00-4p Creative Expressions, VN 4:00 Transition Time- Legacy Kits, VN 6:00-8p Community Connection, VN 	<p>26</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Chair Yoga, VN 11:00-1p Transition Time- Aromatherapy Hand Massages, VN 1:00-4p Creative Expressions -, VN 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN
<p>27</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 11:00 Transition Time-Resident Music Hour, VN 1:00-4p Creative Expressions - Creative Corner, VP 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>28</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Sittercise, VN 10:00-12 Active Living- Lets Bowl, VP 11:00 Transition Time, VN 2:00-4p Milkshakes and Manicures, VP 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>29</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking-Morning Silliness, VN 9:00-11 Active Living-Get Fit w/ Lauren, VN 11:00 Transition Time- Resident Music Hour, VN 1:00-4p Creative Expressions- Words with Friends, VN 2:30 Afternoon at the Movies, MT 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>30</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking, VN 9:00-11 Active Living-Walking Club, VN 10:00-11 Active Living- Yoga w/ Cheryl, VP 11:00-1p Transition Time= Aromatherapy Hand Massages, VN 1:00-4p Creative Expressions -Arts and Crafts w. Team, VN 4:00 Transition Time- Create and Compose, VN 6:00-8p Community Connection, VN 	<p>31</p> <ul style="list-style-type: none"> 7:00-9:00 Gentle Waking- Morning Silliness, VN 9:00-11 Active Living-Chair Yoga, VN 11:00-1p Creature Comforts, VN 1:00-4p Creative Expression-Cooking Club, VD 4:00 Create and Compose, VN 6:00-8p Community Connection, VN 	<p>MEETING PLACES</p> <ul style="list-style-type: none"> VN - Valeo Neighborhood VP - Valeo Parlor VD - Valeo Dining MT - Movie Theater 	<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> Physical Spiritual Social Intellectual

