








Valeo Engagement

Homestead at Hamilton MC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE</p> 	<p>VALEO DIRECTOR SARITA SCOTT</p> 	<h1>March 2019</h1>			<p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Sittercise, VN 10:00-12p Active Living- Get Fit w/ Team, VP 11:00- 1:30p Valeo Lunch Outing to Ruby Tuesday's, VD 4:00-5p Transition Time, VN 6:00- 8p Community Connection, VN</p>	<p>7:00 – 9:00 Gentle Waking, VN 9:00-11a Active Living-Chair Yoga, VN 11:00 -12p - Coffee and Current Events, VN 1:00-4p Creative Expressions - Create and Compose, VN 4:00-5p Transition Time, VN 6:00-8p Community Connection, VN</p>	
<p>3</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 11:00-12p Transition Time-, VN 1:00-4p Creative Expressions - Table Games and More, VP 4:00-5p Transition Time- Soothing Hand Massages, VN 6:00-8p Community Connection, VN</p>	<p>4</p> <p>7:00-9:00 Gentle Waking and Breakfast Scrabble, VN 9:00-11a Active Living-Sittercise, VN 10:00-12p Active Living- Balloon Volleyball, VP 11:00 Transition Time, VN 2:00-4p Milkshakes and Manicures, VP 4:00-5p Bingo Blast, VN 6:00-8p Community Connection, VN</p>	<p>5</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Fit and Fun, VN 11:00-12p Finish That Lyric Trivia, VN 2:00 Fitness w/ Donna in the Gym, VN 2:30-4p Afternoon Matinee at the Theater, MT 4:00-5p Transition Time, VN 6:00-8p Community Connection, VN</p>	<p>6</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 11:00-12p Transition Time, VN 1:00-1:30p Tea and Talk w/ Sarita, VN 2:00-3p Entertainment w/ Jim Gaven, VN 4:00-5p Lets Talk Ireland Trivia, VN 6:00-8p Community Connection, VN</p>	<p>7</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Zumba Dancing w/ Team, VN 11:00-12p Soothing Hand Massages, VN 1:00-4p Travel Times to Ireland-Cooking Club, VD 6:00-8p Community Connection, VN</p>	<p>8</p> <p>7:00-9:00 Gentle Waking and Breakfast Scrabble, VN 9:00-11a Active Living-Sittercise with Donna, VN 10:00-11a Active Living- Lets Bowl, VP 11:00-12p Out and About Scenic Ride, VN 4:00-5p Lets Sing- Resident Choice Music Hour, VN 6:00-8p Community Connection, VN</p>	<p>9</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Chair Yoga, VN 11:00-12p Coffee and Current Events, VN 1:00-4p Creative Expressions - Create and Compose, VN 4:00-5p Transition Time- Resident Music Hour, VN 6:00-8p Community Connection, VN</p>	
<p>10</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 11:00-12p Transition Time, VN 1:00-4p Creative Expressions - Table Games, VP 6:00-8p Community Connection, VN</p>	<p>11</p> <p>7:00-9:00 Gentle Waking and Breakfast Outing to the Diner 9:00-11a Active Living-Sittercise, VN 10:00-12p Active Living- Balloon Volleyball, VP 11:00 Transition Time, VN 2:00-4p Manicure and a Movie, VP 6:00-8p Community Connection, VN</p>	<p>12</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Zumba Dancing w/ Team, VN 11:00-12p Name Ten Trivia, VN 2:00 Exercise Class with Donna, VN 2:30-4p Movie at the Theater, VN 6:00-8p Community Connection, VN</p>	<p>13</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00-12p Active Living- Lets Bowl, VP 11:00-12p Transition Time, VN 1:00-3p Tea and Talk w/ Sarita, VN 3:00-4p Wine down Wednesday w/ Irish Spirits, VN 6:00-8p Community Connection, VN</p>	<p>14</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Chair Yoga w/ Donna, VN 11:00-12p Soothing Hand Massages, VN 1:00-4p Travel Times to Ireland-Cooking Club, VD 6:00 Community Connection, VN</p>	<p>15</p> <p>7:00-9:00 Gentle Waking and Breakfast Scrabble, VN 9:00-11a Active Living-Sittercise, VN 10:00-11a Active Living- Lets Bowl, VP 11:00-12p Out and About Scenic Ride, VN 1:00-4p Creative Corner- Art and Music, VP 4:00-5p Lets Talk Ireland Trivia, VN 6:00-8p Community Connection, VN</p>	<p>16</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Chair Yoga, VN 1:00-1:30p Creative Expressions - Create and Compose, VN 2:00-4p St Patrick Day Celebration and Entertainment, VN 4:00 Lets Talk Ireland Trivia, VN 6:00 Community Connection, VN</p>	
<p>17</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 1:00-4p Creative Expressions - Table Games, VP 2:00-3:30p St. Patty's Day Social, VN 6:00-8p Community Connection, VN</p> <p>HAPPY ST. PATRICK'S DAY</p>	<p>18</p> <p>7:00-9:00 Gentle Waking and Breakfast Scrabble, VN 9:00-11a Active Living-Sittercise, VN 10:00-12p Active Living- Lets Bowl, VP 2:00-4p Manicures and Mimosas, VP 6:00-8p Community Connection, VN</p>	<p>19</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Fit and Fun, VN 2:00 Dancing w/ Donna, VN 2:30-4p Tuesday Afternoon at the Movies, MT 6:00-8p Community Connection, VN</p>	<p>20</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00-12p Active Living- Lets Bowl, VP 1:00-3p Tea and Talk w/ Sarita, VN 4:00-5p Lets Talk Ireland Trivia, VN 6:00-8p Community Connection, VN</p> <p>WELCOME SPRINGTIME</p>	<p>21</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Chair Yoga, VN 11:00-12p Soothing Hand Massages, VN 1:00-4p Travel Times to Ireland-Cooking Club w/ Mike, VD 6:00-8p Community Connection, VN</p>	<p>22</p> <p>7:00-9:00 Gentle Waking and Breakfast Scrabble, VN 9:00-11a Active Living-Sittercise, VN 10:00-1p Outing to Quakerbridge Mall, VD 1:00-4p Creative Corner- Art and Music, VP 4:00-5p Lets Talk Ireland Trivia, VN 6:00-8p Community Connection, VN</p>	<p>23</p> <p>7:00-9:00a Gentle Waking, VN 9:00-11a Active Living-Chair Yoga, VN 1:00-4p Creative Expressions -Create and Compose, VN 4:00-5p Aromatherapy and Sensory Hand Massages, VN 6:00-8p Community Connection, VN</p>	
<p>24</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 1:00-4p Creative Expressions - Table Games, VP 6:00-8p Community Connection, VN</p>	<p>25</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Sittercise, VN 10:00-12p Active Living- Lets Bowl, VP 2:00-4p Manicure Monday, VP 6:00-8p Community Connection, VN</p>	<p>26</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Fit and Fun, VN 2:00 Yoga and Fun w/ Donna, VN 2:30-4p Movie Matinee with Friends, MT 6:00-8p Community Connection, VN</p>	<p>27</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00-12p Active Living- Lets Bowl, VP 1:00-1:30p Tea and Talk w/ Sarita, VN 2:00- 3p Entertainment w/ Jim Gaven, VN 4:00-5p Lets Talk Ireland Trivia, VN 6:00-8p Community Connection, VN</p>	<p>28</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Dancing w/ Donna, VN 11:00-12p Soothing Hand Massages, VN 1:00-4p Travel Times to Ireland-Cooking Club, VD 6:00-8pm Community Connection, VN</p>	<p>29</p> <p>7:00-9:00 Gentle Waking and Breakfast Scrabble, VN 9:00-11a Active Living-Sittercise, VN 11:00-12p Out and About Scenic Ride, VN 1:00-4p Creative Corner- Art and Music, VP 4:00-5p Lets Talk Ireland Trivia, VN 6:00-8p Community Connection, VN</p>	<p>30</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Chair Yoga, VN 1:00-4p Creative Expressions -Create and Compose, VN 4:00-5p Aromatherapy and Sensory Hand Massages, VN 6:00-8p Community Connection, VN</p>	
<p>31</p> <p>7:00-9:00 Gentle Waking, VN 9:00-11a Active Living-Walking Club, VN 10:00 Spiritually Minded, VP 1:00-4p Creative Expressions - Table Games, VP 6:00-8p Community Connection, VN</p>						<p>MEETING PLACES VN - Valeo Neighborhood VP - Valeo Parlor VD - Valeo Dining MT - Movie Theater</p>	<p>DIMENSIONS OF WELLNESS</p> <p>Physical  Social  Spiritual  Intellectual </p>