

Sample Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities Are Subject To Change.		1 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>	2 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>	3 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>	4 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>	5 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>
	6 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>	7 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>	8 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>	9 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>	10 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>	11 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>
13 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>	14 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>	15 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>	16 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>	17 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>	18 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>	19 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>
20 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>	21 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>	22 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>	23 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>	24 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>	25 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>	26 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>
27 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>	28 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>	29 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>	30 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>	31 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>	MEETING PLACES <i>VN</i> - Valeo Neighborhood <i>VP</i> - Valeo Parlor <i>VD</i> - Valeo Dining <i>MT</i> - Movie Theater	DIMENSIONS OF WELLNESS Physical Social Spiritual Intellectual