




















































































































































































































# Sample Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
All Activities Are Subject To Change.		 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>	 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>	 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>	 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>	 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	8	9	10	11	12
 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>	 7:00-9:00 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>	 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>	 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>	 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>	 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>	 7:00-9:00 Gentle Waking, <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 -Create and Compose, <i>VN</i>  4:00 Transition Time, <i>VN</i>  6:00-8p Community Connection, <i>VN</i>
13	14	15	16	17	18	19
 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>	 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>	 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>	 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>	 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>	 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>	 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	21	22	23	24	25	26
 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>	 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>	 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>	 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>	 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>	 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>	 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	28	29	30	31	MEETING PLACES	DIMENSIONS OF WELLNESS
 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>	 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>	 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>	 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>	 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>	<i>VN</i> - Valeo Neighborhood <i>VP</i> - Valeo Parlor <i>VD</i> - Valeo Dining <i>MT</i> - Movie Theater	 Physical  Social  Spiritual  Intellectual