VALEO ENGAGEMENT NOVEMBER 2018 Sunday Monday **Tuesday** Wednesday **Thursday Friday Saturday** All Day Creative Expression-**DIMENSIONS OF WELLNESS** All Day Creative Expression-Solvere Tessera Team at the Solvere Connections **Every Wednesday** Walk to End Alzheimer's 6:30am-8:30am Gentle Waking - **4 6:30am-8:30am** Gentle Waking - 1-6:30am-8:30am Gentle Waking - 1-on-1 Physical at 9:30am in the -on-1 Morning Silliness, VN Morning Silliness, VN on-1 Morning Silliness, VN **Event Center** 11:00am-1:00pm Create and * 11:00am-1:00pm Yoga Class, EC 10:00am-12:00pm Exercise First!, VL Spiritual Compose, VS 11:00am-1:00pm Create and we hold the Rosary 11:00am-1:00pm Create and Compose, € 11:00am-1:00pm Workout with Compose, VS and offer communion. Social Social Salus, **GYM** 1:00pm-3:00pm Creature Comforts, 1:00pm-3:00pm Creature Comforts, Catholic Mass is held every 7 * 1:00pm-3:00pm Creature Intellectual Comforts, VP weeks at Tessera. 3:00pm-5:00pm Creating with Wood, 2:00pm-4:00pm Crafty in Sago, VP 2:00pm Music Making with The next Catholic Mass date is 4:00pm Transition Time- Resident Raphael, VL 6:00pm-8:00pm Community Music Hour, VP December 12th. 6:00pm-8:00pm Community Connection- Movie Night, VS 6:00pm-8:00pm Community Connection- Game Night, VS Connection- Game Night, VS 10 6 All Day Creative Expression- Solvere All Day Creative Expression-All Day Creative Expression-All Day Creative Expression-Solvere All Day Creative Expression- Solvere All Day Creative Expression-All Day Creative Expression-Solvere Solvere Connections Connections Connections Solvere Connections Connections Solvere Connections Connections **4. 6:30am-8:30am** Gentle Waking -6:30am-8:30am Gentle Waking - 1-on-6:30am-8:30am Gentle Waking 6:30am-8:30am Gentle Waking - 1-6:30am-8:30am Gentle Waking -6:30am -8:30am Gentle Waking - 1-onon-1 Morning Silliness, VN Morning Silliness, VN Morning Silliness, VN I-on-1 Morning Silliness, VN -on-1 Morning Silliness, VN on-1 Morning Silliness, VN Morning Silliness, VN **10:00am-12:00pm** Aromatherapy, **⋖ 9:30am-11:30am** Rosary with nativity 10:30am Tai Chi Health Recovery Class **10:00am-12:00pm** Aromatherapy, 10:00am-12:00pm Active Living-* 11:00am-1:00pm Yoga Class, EC 10:00am-12:00pm Exercise First!, VL church, EC Hand Massages and Tea, VS Let's Go To The Hop, Valeo 11:00am -1:00pmCreate and Hand Massages and Tea, VS 11:00am-1:00pm Create and Compose 4 11:00am-1:00pm Create and Compose, ■ 10:00am-12:00pm National Tongue 11:00am-1:00pm Create and 11:00am-1:00pm Create and Volleyball, VS Compose, VS Compose, VS Twister Day, VS 11:00am-1:00pm Create and 1:00pm-3:00pm Creature Comforts, Compose, VS 1:00pm-3:00pm Creature Comforts, ■ 11:00am Workout with Salus. GYM 1:00pm-3:00pm Creature Comforts, VP 4 11:00am-1:00pm Create and Compose, VS 11:00am-1:00pm Workout with 1:00pm-3:00pm Creature Comforts, 2:00pm-4:00pm Crafty in Sago, VP Compose, VS **1:00pm-3:00pm** Creature 3:00pm-5:00pm Creating with Wood, 2:00pm-4:00pm Crafty in Sago, VP Salus**, GYM 6:00pm-8:00pm** Community 1:00pm-3:00pm Creature Comforts, VP Comforts, VP 2:30pm Honoring Our Veterans, P 6:00pm-8:00pm Community 2:30pm Winedown Wednesdays, P 2:00pm-4:00pm Legacy Moment, Connection- Aromatherapy and sensory 2:00pm-4:00pm Crafty in Sago. corner, VL 6:00pm-8:00pm Community 6:00pm-8:00pm Community 6:00pm-8:00pm Community Connection- Game Night, VS Connection- Game Night, VS Connection- Movie Night, VS Connection- Game Night, VS 6:00pm-8:00pm Community Connection- Game Night, VS 6:00pm-8:00pm Community Connection- Movie Night, VS 12 13 15 17 14 16 All Day Creative Expression-All Day Creative Expression- Solvere All Day Creative Expression- Solvere All Day Creative Expression- Solvere All Day Creative Expression-All Day Creative Expression-All Day Creative Expression-Solvere Solvere Connections Connections Solvere Connections Connections Connections Solvere Connections Connections 6:30am-8:30am Gentle Waking - 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