

# VALEO ENGAGEMENT NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<b>DIMENSIONS OF WELLNESS</b>  Physical  Spiritual  Social  Intellectual	Every Wednesday at 9:30am in the Event Center we hold the Rosary and offer communion. Catholic Mass is held every 7 weeks at Tessera. The next Catholic Mass date is December 12 <sup>th</sup> .			<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>11:00am-1:00pm</b> Yoga Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>3:00pm-5:00pm</b> Creating with Wood, <b>VS</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>11:00am-1:00pm</b> Workout with Salus, <b>GYM</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm</b> Music Making with Raphael, <b>VL</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<u><b>Tessera Team at the Walk to End Alzheimer's</b></u> <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Exercise First!, <b>VL</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>4:00pm</b> Transition Time- Resident Music Hour, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>
4	5	6	7	8	9	10
<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Active Living- Let's Go To The Hop, Valeo Volleyball, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>11:00am</b> Workout with Salus, <b>GYM</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Legacy Moment, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:30am</b> Tai Chi Health Recovery Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Aromatherapy and sensory corner, <b>VL</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>9:30am-11:30am</b> Rosary with nativity church, <b>EC</b> <b>10:00am-12:00pm</b> National Tongue Twister Day, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:30pm</b> Winedown Wednesdays, <b>P</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>11:00am-1:00pm</b> Yoga Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>3:00pm-5:00pm</b> Creating with Wood, <b>VS</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>11:00am-1:00pm</b> Workout with Salus, <b>GYM</b> <b>2:30pm</b> Honoring Our Veterans, <b>P</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Exercise First!, <b>VL</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>
11	12	13	14	15	16	17
<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Active Living- Let's Go To The Hop, Valeo Volleyball, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am</b> Create and Compose, <b>VS</b> <b>11:00am</b> Workout with Salus, <b>GYM</b> <b>1:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm</b> Legacy Moment, <b>VP</b> <b>4:00pm</b> Transition Time- Resident Music Hour, <b>VP</b> <b>6:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:30am</b> Tai Chi Health Recovery Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>4:00pm</b> Transition Time- Resident Music Hour, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Aromatherapy and sensory corner, <b>VL</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>9:30am-11:30am</b> Rosary with nativity church, <b>EC</b> <b>10:00am-12:00pm</b> Active Living- Let's Go To The Hop, Valeo Volleyball, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:30pm</b> Winedown Wednesdays, <b>P</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>11:00am-1:00pm</b> Yoga Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>3:00pm-5:00pm</b> Creating with Wood, <b>VS</b> <b>5:00pm-7:00pm</b> Thanksgiving Dinner, <b>P</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am-1:00pm</b> Workout with Salus, <b>GYM</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Music Making with Raphael, <b>VL</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Exercise First!, <b>VL</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>
18	19	20	21	22	23	24
<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Active Living- Let's Go To The Hop, Valeo Volleyball, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am</b> Create and Compose, <b>VS</b> <b>11:00am</b> Workout with Salus, <b>GYM</b> <b>1:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm</b> Legacy Moment, <b>VP</b> <b>4:00pm</b> Transition Time- Resident Music Hour, <b>VP</b> <b>6:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:30am</b> Tai Chi Health Recovery Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Aromatherapy and sensory corner, <b>VL</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>9:30am-11:30am</b> Rosary with nativity church, <b>EC</b> <b>10:00am-12:00pm</b> Active Living- Let's Go To The Hop, Valeo Volleyball, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm</b> Creature Comforts, <b>VP</b> <b>2:30pm</b> Winedown Wednesdays, <b>P</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>11:00am-1:00pm</b> Turkey Treats, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>3:00pm-5:00pm</b> Creating with Wood, <b>VS</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b> 	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am-1:00pm</b> Workout with Salus, <b>GYM</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Music Making with Raphael, <b>VL</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Exercise First!, <b>VL</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>
25	26	27	28	29	30	
<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Active Living- Let's Go To The Hop, Valeo Volleyball, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>11:00am</b> Workout with Salus, <b>GYM</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Legacy Moment, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:30am</b> Tai Chi Health Recovery Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Crafty in Sago, <b>VP</b> <b>6:00pm-8:00pm</b> Community Connection- Aromatherapy and sensory corner, <b>VL</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>9:30am</b> Rosary with nativity church, <b>EC</b> <b>10:00am-12:00pm</b> Active Living- Let's Go To The Hop, Valeo Volleyball, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:30pm</b> TESSERA TREE LIGHTING, <b>P</b> <b>2:30pm</b> Winedown Wednesdays, <b>P</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>11:00am-1:00pm</b> Yoga Class, <b>EC</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>3:00pm-5:00pm</b> Creating with Wood, <b>VS</b> <b>6:00pm-8:00pm</b> Community Connection- Movie Night, <b>VS</b>	<b>All Day</b> Creative Expression- Solvere Connections <b>6:30am-8:30am</b> Gentle Waking - 1-on-1 Morning Silliness, <b>VN</b> <b>10:00am-12:00pm</b> Aromatherapy, Hand Massages and Tea, <b>VS</b> <b>11:00am-1:00pm</b> Create and Compose, <b>VS</b> <b>11:00am-1:00pm</b> Workout with Salus, <b>GYM</b> <b>1:00pm-3:00pm</b> Creature Comforts, <b>VP</b> <b>2:00pm-4:00pm</b> Music Making with Raphael, <b>VL</b> <b>6:00pm-8:00pm</b> Community Connection- Game Night, <b>VS</b>	

Events are subject to Change and Weather Permitting.

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