

Tessera Events January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<p>Rosary is held every Wednesday at 9:30am in the Event Center. Communion as requested.</p> <p>Catholic Mass is held every 7 weeks at Tessera.</p>		<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Tai Chi Health Recovery Class Spanish Classes <p>Create and Compose 1:30-3:30</p> <ul style="list-style-type: none"> Pretzel Dipping Wellness Program with Salus One Day Interviews <p>Get Competitive 6:00-8:00</p> <ul style="list-style-type: none"> Dominoes Tournament UNO Teams 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Community Service-Feeding the Hungry Instramix Fitness Class Stretch & Cool Down <p>Winedown Wednesdays 2:30-4:30</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Card Games 6:00-8:00</p> <ul style="list-style-type: none"> Bridge Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class New Day, New Activity <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> Men's Club Activity Planning Committee <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Karaoke Hour 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Line Dancing with Salus First Friday with Latin Breeze Lunch Outing <p>Movie Magic 1:30-3:30</p> <ul style="list-style-type: none"> Motion Picture Trivia Friday Feature Film <p>Creative Corner 6:00-8:00</p> <ul style="list-style-type: none"> Color to Paper Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Manicures Hand Massage and Cuticle Care <p>Weekend Reflections 1:30-3:30</p> <ul style="list-style-type: none"> Outdoor Adventures Bible Stories <p>Musical Memories 6:00-8:00</p>
6	7	8	9	10	11	12
<p>Transportation to Churches 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Resident Choice 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Nail Care Workout with Salus Current Events <p>Challenge Yourself 1:00-3:00</p> <ul style="list-style-type: none"> Technology Class Getting Creative <p>Revitalize & Refresh 3:00-5:00</p> <ul style="list-style-type: none"> Getting Flexible Brain Games <p>Leisurely Lifestyles 6:00-8:00</p> <ul style="list-style-type: none"> RummiKub & Cards Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Tai Chi Health Recovery Class Spanish Classes <p>Create and Compose 1:30-3:30</p> <ul style="list-style-type: none"> Culinary Council Simple Woodworking <p>Get Competitive 6:00-8:00</p> <ul style="list-style-type: none"> Dominoes Tournament UNO Teams 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Community Service-Feeding the Hungry Instramix Fitness Class Stretch & Cool Down <p>Winedown Wednesdays 2:30-4:30</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Card Games 6:00-8:00</p> <ul style="list-style-type: none"> Bridge Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class New Day, New Activity <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> New Comer's Social Billiards Club <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Event Center Stations 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Walking Club Line Dancing with Salus Lunch Outing <p>Movie Magic 1:30-3:30</p> <ul style="list-style-type: none"> Motion Picture Trivia Friday Feature Film <p>Creative Corner 6:00-8:00</p> <ul style="list-style-type: none"> Color to Paper Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Manicures Hand Massage and Cuticle Care <p>Weekend Reflections 1:30-3:30</p> <ul style="list-style-type: none"> Outdoor Adventures Bible Stories <p>Fireside Chats 6:00-8:00</p>
13	14	15	16	17	18	19
<p>Transportation to Churches 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Resident Choice Baking with Brooke 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Nail Care Workout with Salus Current Events <p>Challenge Yourself 1:00-3:00</p> <ul style="list-style-type: none"> Technology Class Getting Creative <p>Revitalize & Refresh 3:00-5:00</p> <ul style="list-style-type: none"> Getting Flexible Brain Games <p>Leisurely Lifestyles 6:00-8:00</p> <ul style="list-style-type: none"> RummiKub & Cards Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Tai Chi Health Recovery Class Spanish Classes <p>Create and Compose 1:30-3:30</p> <ul style="list-style-type: none"> Resident Council Meeting Snowflake Quilling Project <p>Get Competitive 6:00-8:00</p> <ul style="list-style-type: none"> Dominoes Tournament UNO Teams 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Brandon School Kid Visits Instramix Fitness Class Stretch & Cool Down <p>Winedown Wednesdays 2:30-4:30</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Card Games 6:00-8:00</p> <ul style="list-style-type: none"> Bridge Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class New Day, New Activity <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> Men's Club Activity Planning Committee <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Karaoke Hour 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Walking Club Line Dancing with Salus Lunch Outing <p>Movie Magic 1:30-3:30</p> <ul style="list-style-type: none"> Motion Picture Trivia Friday Feature Film <p>Creative Corner 6:00-8:00</p> <ul style="list-style-type: none"> Color to Paper Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Manicures Hand Massage and Cuticle Care <p>Weekend Reflections 1:30-3:30</p> <ul style="list-style-type: none"> Outdoor Adventures Bible Stories <p>Musical Memories 6:00-8:00</p>
20	21	22	23	24	25	26
<p>Transportation to Churches 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Resident Choice 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Nail Care Workout with Salus Current Events <p>Challenge Yourself 1:00-3:00</p> <ul style="list-style-type: none"> Technology Class Getting Creative <p>Revitalize & Refresh 3:00-5:00</p> <ul style="list-style-type: none"> Getting Flexible Brain Games <p>Leisurely Lifestyles 6:00-8:00</p> <ul style="list-style-type: none"> RummiKub & Cards Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Tai Chi Health Recovery Class Spanish Classes <p>Create and Compose 1:30-3:30</p> <ul style="list-style-type: none"> Nostalgic Postcard Goals Artwork Creating <p>Get Competitive 6:00-8:00</p> <ul style="list-style-type: none"> Dominoes Tournament UNO Teams 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Community Service-Feeding the Hungry Instramix Fitness Class Stretch & Cool Down <p>Winedown Wednesdays 2:30-4:30</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Card Games 6:00-8:00</p> <ul style="list-style-type: none"> Bridge Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class New Day, New Activity <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> New Comer's Social Billiards Club <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Event Center Stations 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Walking Club Line Dancing with Salus Lunch Outing <p>Movie Magic 1:30-3:30</p> <ul style="list-style-type: none"> Motion Picture Trivia Friday Feature Film <p>Creative Corner 6:00-8:00</p> <ul style="list-style-type: none"> Color to Paper Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Manicures Hand Massage and Cuticle Care <p>Weekend Reflections 1:30-3:30</p> <ul style="list-style-type: none"> Outdoor Adventures Bible Stories <p>Fireside Chats 6:00-8:00</p>
27	28	29	30	31	DIMENSIONS OF WELLNESS	
<p>Transportation to Churches 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Resident Choice 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Nail Care Workout with Salus Current Events <p>Challenge Yourself 1:00-3:00</p> <ul style="list-style-type: none"> Technology Class Getting Creative <p>Revitalize & Refresh 3:00-5:00</p> <ul style="list-style-type: none"> Getting Flexible Brain Games <p>Leisurely Lifestyles 6:00-8:00</p> <ul style="list-style-type: none"> RummiKub & Cards Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Tai Chi Health Recovery Class Spanish Classes <p>Create and Compose 1:30-3:30</p> <ul style="list-style-type: none"> I Hear Memories Elegant Snow Globe Craft <p>Get Competitive 6:00-8:00</p> <ul style="list-style-type: none"> Dominoes Tournament UNO Teams 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Community Service-Feeding the Hungry Instramix Fitness Class Stretch & Cool Down <p>Winedown Wednesdays 2:30-4:30</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Card Games 6:00-8:00</p> <ul style="list-style-type: none"> Bridge Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class New Day, New Activity <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> Men's Club Activity Planning Committee <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Karaoke Hour 	<p>SHOPPING SCHEDULE:</p> <p>Tuesdays: Walmart Leaving Tessera at 1:30 and Leaving Walmart at 3:30.</p> <p>Thursdays: Regency Square Leaving Tessera at 1:30 and Leaving Regency Sq. at 3:30.</p> <p>Please sign up at the concierge desk, to ensure your space is reserved on the Tessera Bus.</p>	<ul style="list-style-type: none"> Physical Spiritual Social Intellectual