JANUARY 2019 VALEO ENGAGEMENT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Rosary is held every Wednesday at 9:30am in the Event Center. Communion as requested. Catholic Mass is held every 7 weeks at Tessera.		**All Day** Creative Expression- Solvere Connections **6:30am -8:30am** Gentle Waking - 1-on-1 Morning Silliness, ***VN*** **10:00am** Tai Chi Health Recovery Class, ***EC*** **10:00am** Aromatherapy Pendants, ***EC*** **10:30am** New Year's Resolutions, ***EC*** **11:00am** Resident Spotlight, ***VS*** **1:00pm-3:00pm** Creature Comforts, ***VP*** **2:00pm-4:00pm** Ornament Creating, ***VP*** **4:00pm** Transition Time- Resident Music Hour, ***VP*** **6:00pm-8:00pm** Community Connection- Aromatherapy and sensory corner, ***VL***	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, ***VN*** **10:00am** Rosary Nativity Catholic Church, ***EC*** **10:00am-12:00pm** Zumba and Music , Cookies and Coffee in the Court Yard ***VS*** **11:00am-1:00pm** Create and Compose, ***VS*** **1:00pm-3:00pm** Creature Comforts, ***VP*** **2:30pm** Wine down Wednesdays, ***P*** **6:00pm-8:00pm** Community Connection- Game Night, ***VS***	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **11:00am-1:00pm** Yoga Class, *EC* **11:00am-1:00pm** Resident Spotlight series, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **1:30pm** Men's Club, *EC* **3:00pm-5:00pm** Resident story hour, *VS* **6:00pm-8:00pm** Community Connection- Movie Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **11:00am-1:00pm** Valeo Baking Club, *VS* **11:00am-1:00pm** Get Fit with Salus, *GYM* **12:00pm** Lunch Outing, *OC* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm** Music Therapy with Ritchie, *VL* **4:0pm** Transition Time **6:00pm-8:00pm** Community Connection- Game Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am** Exercise First!, *VL* **11:00am** Create and Compose, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm -4:00** The Valeo Store and Resident Choice **4:00pm-5:00pm** Transition Time- Resident Music Hour, *VP* **6:00pm-8:00pm** Community Connection- Game Night, *VS*
6	7	8	9	10	11	12
All Day Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, ***VN*** **10:00am-12:00pm** Active Living- Let's Go to The Hop, Valeo Volleyball, ***VS*** **11:00am-1:00pm** Create and Compose, ***VS*** **1:00pm-3:00pm** Creature Comforts, ***VP*** **2:00pm-4:00pm** The Valeo store and Resident Choice, ***VP*** **6:00pm-8:00pm** Community Connection- Movie Night, ***VS***	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am-12:00pm** Valeo Baking Club, *VS* **11:00am-1:00pm** Create and Compose, *VS* **11:00am** Workout with Salus, *GYM* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm-4:00pm** Name that Tune, *VP* **6:00pm-8:00pm** Community Connection- Game Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am -8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am** Tai Chi Health Recovery Class, *EC* **10:00am** Aromatherapy Pendants, *EC* **11:00am** Resident Spotlight, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm-4:00pm** Ornament Creating, *VP* **4:00pm** Transition Time- Resident Music Hour, *VP* **6:00pm-8:00pm** Community Connection- Aromatherapy and sensory corner, *VL*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am** Rosary Nativity Catholic Church, *EC* **10:00am-12:00pm** Zumba and Music , Cookies and Coffee in the Court Yard *VS* **11:00am-1:00pm** Create and Compose, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:30pm** Wine down Wednesdays, *P* **6:00pm-8:00pm** Community Connection- Game Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **11:00am-1:00pm** Yoga Class, *EC* **11:00am-1:00pm** Resident Spotlight series, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **1:30pm** Men's Club, *EC* **3:00pm-5:00pm** Resident story hour, *VS* **6:00pm-8:00pm** Community Connection- Movie Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **11:00am-1:00pm** Valeo Baking Club, *VS* **11:00am-1:00pm** Get Fit with Salus, *GYM* **12:00pm** Lunch Outing, *OC* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm** Music Making with Raphael, *VL* **4:0pm** Transition Time **6:00pm-8:00pm** Community Connection- Game Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am** Exercise First!, *VL* **11:00am** Create and Compose, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm -4:00** The Valeo Store and Resident Choice **4:00pm-5:00pm** Transition Time- Resident Music Hour, *VP* **6:00pm-8:00pm** Community Connection- Game Night, *VS*
13	14	15	16	17	18	19
All Day Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am-12:00pm** Active Living- Let's Go to The Hop, Valeo Volleyball, *VS* **11:00am-1:00pm** Create and Compose, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm-4:00pm** The Valeo store and Resident Choice, *VP* **6:00pm-8:00pm** Community Connection- Movie Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am-12:00pm** Valeo Baking Club, *VS* **11:00am-1:00pm** Create and Compose, *VS* **11:00am** Workout with Salus, *GYM* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm-4:00pm** Name that Tune, *VP* **6:00pm-8:00pm** Community Connection- Game Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am -8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am** Tai Chi Health Recovery Class, *EC* **10:00am** Aromatherapy Pendants, *EC* **11:00am** Resident Spotlight, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm-4:00pm** Ornament Creating, *VP* **4:00pm** Transition Time- Resident Music Hour, *VP* **6:00pm-8:00pm** Community Connection- Aromatherapy and sensory corner, *VL*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am** Rosary Nativity Catholic Church, *EC* **10:00am-12:00pm** Zumba and Music , Cookies and Coffee in the Court Yard *VS* **11:00am-1:00pm** Create and Compose, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:30pm** Wine down Wednesdays, *P* **6:00pm-8:00pm** Community Connection- Game Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **11:00am-1:00pm** Yoga Class, *EC* **11:00am-1:00pm** Resident Spotlight series, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **1:30pm** Men's Club, *EC* **3:00pm-5:00pm** Resident story hour, *VS* **6:00pm-8:00pm** Community Connection- Movie Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **11:00am-1:00pm** Valeo Baking Club, *VS* **11:00am-1:00pm** Get Fit with Salus, *GYM* **12:00pm** Lunch Outing, *OC* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm** Music hour with Don, *VL* **4:0pm** Transition Time **6:00pm-8:00pm** Community Connection- Game Night, *VS*	**All Day** Creative Expression- Solvere Connections **6:30am-8:30am** Gentle Waking - 1-on-1 Morning Silliness, *VN* **10:00am** Exercise First!, *VL* **11:00am** Create and Compose, *VS* **1:00pm-3:00pm** Creature Comforts, *VP* **2:00pm -4:00** The Valeo Store and Resident Choice **4:00pm-5:00pm** Transition Time- Resident Music Hour, *VP* **6:00pm-8:00pm** Community Connection- Game Night, *VS*
20	21	22	23	24	25	26
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27	28	29	30	31		DIMENSIONS OF WELLNESS
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Events are subject to Change and Weather Permitting.

Tessera of Brandon 1320 Oakfield Dr., Brandon, FL 33511 (813)607-6880 License # 11969348