





VALEO EVENTS MARCH 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|--|
| | | | | | 1 | 2 |
|  |  |  | | | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏠 11:00am-1:00pm Valeo Baking Club, Green Jell-O Shooters</p> <p>🕒 11:00am-1:00pm Get Fit with Salus, GYM</p> <p>🏠 12:00pm Lunch Outing, O'Brian's</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm Valeo Music Making, 🕒 4:0pm Transition Time</p> <p>🏠 6:00pm-8:00pm Community</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Exercise Fiirst, VL</p> <p>🏠 11:00am Create and Compose, VS</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:00pm -4:00 Resident Choice</p> <p>🏠 4:00pm-5:00pm Transition Time- Resident Music Hour, VP</p> <p>🏠 6:00pm-8:00pm Community Connection- Game Night, VS</p> |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am-12:00pm Active Living- Let's Go to The Hop, Valeo Volleyball, VS</p> <p>🏠 11:00am-1:00pm Create and Compose, VS</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm-4:00pm Resident Choice, VP</p> <p>🏠 6:00pm-8:00pm Community Connection- Movie Night, VS</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am-12:00pm Valeo Baking Club, Lucky Charm Treats</p> <p>🏠 11:00am-1:00pm Create and Compose, Learn Your Irish Name</p> <p>🕒 11:00am Workout with Salus, GYM</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:00pm-4:00pm Name that Tune, VP</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am -8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Tai Chi Health Recovery Class, EC</p> <p>🕒 10:00am Aromatherapy Pendants, EC</p> <p>🏠 11:00am Irish Talk</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm-4:00pm Resident Choice,</p> <p>🕒 4:00pm Transition Time- Resident Music Hour, VP</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Rosary Nativity Catholic Church, EC</p> <p>🕒 10:00am-12:00pm Zumba and Music , Valeo Volleyball</p> <p>🏠 11:00am-1:00pm Create and Compose, Ireland Painting</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:30pm Wine down Wednesdays,</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 11:00am-1:00pm Yoga Class, EC</p> <p>🏠 11:00am-1:00pm Resident Spotlight</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 1:30pm Men's Club, EC</p> <p>🏠 3:00pm-5:00pm Resident story hour, VS</p> <p>🏠 6:00pm-8:00pm Community Connection- Movie Night, VS</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏠 11:00am-1:00pm Valeo Baking Club, Lucky Brownies</p> <p>🕒 11:00am-1:00pm Get Fit with Salus, GYM</p> <p>🏠 12:00pm Lunch Outing, O'Toole's</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm Valeo Music Making, 🕒 4:0pm Transition Time</p> <p>🏠 6:00pm-8:00pm Community Connection- Game Night, VS</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Exercise First!, VL</p> <p>🏠 11:00am Create and Compose, VS</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:00pm -4:00 Resident Choice</p> <p>🏠 4:00pm-5:00pm Transition Time- Resident Music Hour, VP</p> <p>🏠 6:00pm-8:00pm Community Connection- Game Night, VS</p> |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am-12:00pm Active Living- Let's Go to The Hop, Valeo Volleyball, VS</p> <p>🏠 11:00am-1:00pm Irishly Sweet with Erin</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm-4:00pm Resident Choice, VP</p> <p>🏠 6:00pm-8:00pm Community Connection- Movie Night, VS</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am-12:00pm Scavenger Hunt</p> <p>🕒 11:00am Workout with Salus, GYM</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:00pm-4:00pm Name that Tune, VS</p> <p>🏠 6:00pm-8:00pm Community Connection- Game Night, VS</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am -8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Tai Chi Health Recovery Class, EC</p> <p>🕒 10:00am Aromatherapy Pendants, EC</p> <p>🏠 11:00am Story of St. Patrick</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm-4:00pm Resident Choice, VP</p> <p>🕒 4:00pm Transition Time- Resident Music Hour, VP</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Rosary Nativity Catholic Church, EC</p> <p>🕒 10:00am-12:00pm Zumba and Music , Irish Coffee in the Court Yard</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:30pm Wine down Wednesdays, P</p> <p>🏠 6:00pm-8:00pm Community Connection- Game Night, VS</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 11:00am-1:00pm Yoga Class, EC</p> <p>🏠 11:00am-1:00pm Resident Spotlight series, VS</p> <p>🕒 1:00pm-3:00pm Create and Compose Clover Bracelets</p> <p>🏠 1:30pm Men's Club, EC</p> <p>🏠 3:00pm-5:00pm Resident story hour, VS</p> <p>🏠 6:00pm-8:00pm Community Connection- Movie Night, VS</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏠 11:00am-1:00pm Valeo Baking Club, Irish Cheese Cake Cupcakes</p> <p>🕒 11:00am-1:00pm Get Fit with Salus, GYM</p> <p>🏠 12:00pm Lunch Outing, Residents Choice</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm Valeo Music Making, VL</p> <p>🕒 4:0pm Transition Time</p> <p>🏠 6:00pm-8:00pm Community</p> | <p>🏠 All Day Creative Expression-Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Exercise First!, VL</p> <p>🏠 11:00am Create and Compose, VS</p> <p>🕒 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:00pm -4:00 Resident Choice</p> <p>🏠 4:00pm-5:00pm Transition Time- Resident Music Hour, VP</p> <p>🏠 6:00pm-8:00pm Community Connection- Game Night, VS</p> |

VALEO EVENTS MARCH 2019

| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|---|--|---|--|--|---|---|
| <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏃 10:00am-12:00pm Active Living- Let's Go to The Hop, Valeo Volleyball, VS</p> <p>🏠 11:00am-1:00pm Create and Compose, VS</p> <p>🏃 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm-4:00pm Resident Choice, VP</p> <p>🏠 6:00pm-8:00pm</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏃 10:00am-12:00pm Valeo Baking Club, Leprechaun Fudge</p> <p>🏠 11:00am-1:00pm Create and Compose, VS</p> <p>🧠 11:00am Workout with Salus, GYM</p> <p>🏃 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:00pm-4:00pm Name that</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am -8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏃 10:00am Tai Chi Health Recovery Class, EC</p> <p>🕒 10:00am Aromatherapy Pendants, EC</p> <p>🏠 11:00am Facts on Ireland</p> <p>🏃 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm-4:00pm Resident Choice, VP</p> <p>🏠 4:00pm Transition Time-</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🕒 10:00am Rosary Nativity Catholic Church, EC</p> <p>🧠 10:00am-12:00pm Zumba and Music , Cookies and Coffee in the Court Yard VS</p> <p>🏠 11:00am-1:00pm Create and Compose Green Name Painting, 🏃 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:30pm Wine down Wednesdays, P</p> <p>🏠 6:00pm-8:00pm Community</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏃 11:00am-1:00pm Yoga Class, EC</p> <p>🏠 11:00am-1:00pm Resident Spotlight series, VS</p> <p>🕒 1:00pm-3:00pm Movie Hour Leap Year</p> <p>🏠 1:30pm Men's Club, EC</p> <p>🏠 3:00pm-5:00pm Resident story hour, VS</p> <p>🏠 6:00pm-8:00pm Community Connection- Movie Night, VS</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏠 11:00am-1:00pm Valeo Baking Club, Lucky Irish Cookies</p> <p>🧠 11:00am-1:00pm Get Fit with Salus, GYM</p> <p>🏠 12:00pm Lunch Outing, Fox & Hounds British Pub</p> <p>🏃 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm Valeo Music Making, VL</p> <p>🏠 4:0pm Transition Time</p> | <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏃 10:00am Exercise First!, VL</p> <p>🏠 11:00am Create and Compose, VS</p> <p>🏃 1:00pm-3:00pm Creature Comforts, VP</p> <p>🕒 2:00pm -4:00 Resident Choice</p> <p>🏠 4:00pm-5:00pm Transition Time- Resident Music Hour, VP</p> <p>🏠 6:00pm-8:00pm Community Connection- Game Night, VS</p> |
| 31 | | | | | | DIMENSIONS OF WELLNESS |
| <p>🏠 All Day Creative Expression- Solvere Connections</p> <p>🕒 6:30am-8:30am Gentle Waking - 1-on-1 Morning Silliness, VN</p> <p>🏃 10:00am-12:00pm Active Living- Let's Go to The Hop, Valeo Volleyball, VS</p> <p>🏠 11:00am-1:00pm Create and Compose, VS</p> <p>🏃 1:00pm-3:00pm Creature Comforts, VP</p> <p>🏠 2:00pm-4:00pm Resident Choice, VS</p> | | | | |  | <p>🏃 Physical</p> <p>🕒 Spiritual</p> <p>🏠 Social</p> <p>🧠 Intellectual</p> |

Events are subject to Change and Weather Permitting.
FL 33511 (813)607-6880 License # 11969348

Tessera of Brandon 1320 Oakfield Dr., Brandon,