




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		DIMENSIONS OF WELLNESS	MEETING PLACES	1	2	3
 <ul style="list-style-type: none"> - Live Entertainment/Performance - Baking Club - Furry Friends/Creature Comforts - Religious Services <p>Valeo Director Elizabeth Ratcliffe, ER</p> <p>Activities Staff Kurt Hamilton, KH</p>	<ul style="list-style-type: none"> - Live Entertainment/Performance - Baking Club - Furry Friends/Creature Comforts - Religious Services <p>Valeo Director Elizabeth Ratcliffe, ER</p> <p>Activities Staff Kurt Hamilton, KH</p>	<ul style="list-style-type: none"> Physical Spiritual Social Intellectual 	AB - Around the Building 3L - 3rd Floor Lounge WR - Winter Sitting Room DR - Dining Room C - Chapel P - Pub L - Lobby	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-11:00 Active Living- Collage & Balloon Volleyball, 3L, ER 11:00-11:30 Fun Facts/Trivia, WR, ER 1:00-2:00 Creative Expression- Hand Massages with Joyel, WR 1:00-3:00 Creative Expression- Resident Music Hour, WR, HHA 2:00-4:00 Afternoon Social and Dance, WR, ER 4:00-4:30 Transition Time TV- Natures Greatest Events, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Movie Night, WR, HHA 	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 10:00-11:00 Baking Club, DR, ER 1:00-2:00 Sabbath Service, C 1:00-3:00 Creative Expression- Life Stories, 3L, ER 2:00-4:00 Afternoon Social and Dance, WR, ER 3:00-4:00 Catholic Mass, C 3:00-4:00 Finish The Phrase!, DR, ER 4:00-4:30 Transition Time- TV Planet Earth, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Board Games, 3L, HHA 	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-11:00 Active Living- Balloon Volleyball, 3L, ER 11:00-11:30 Facts/Trivia, WR, ER 1:00-3:00 Creative Expression- Wii Bowling, WR, ER 2:30-4:00 Afternoon Movie Matinee and Popcorn, WR, ER 4:00-4:30 Transition Time- TV The Cosmos, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Movie Night, WR, HHA
4	5	6	7	8	9	10
<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-10:00 First Bible Church Group, C 10:00-11:00 Active Living- Balloon Volleyball, 3L, KH 1:00-3:00 Creative Expression- Trivia, 3L, KH 2:00-4:00 Sunday Sundae Social, WR, KH 4:00-4:30 Transition Time- TV Chef's Table, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Movie Night, WR, HHA 	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-11:00 Active Living- Bingo, WR, KH 1:00-3:00 Creative Expression - Wii Bowling, 3L, KH 2:00-4:00 Afternoon Social and Dance, WR, KH 4:00-4:30 Transition Time- TV Jack Hanna's Into The Wild, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Movie Night, WR, HHA 	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-11:00 Active Living- Balloon Volleyball, 3L, ER 11:00-11:30 You Be The Judge, WR, ER 1:00-3:00 Creative Expression- Wii Sports, WR, ER 2:00-4:00 Afternoon Social and Dance, WR, ER 3:00-4:00 Trivia, WR, ER 4:00-4:30 Transition Time- TV Bob Ross, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Movie Night, WR, HHA 	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-11:00 Active Living- Life Stories & Memory Games, 3L, KH 11:00-11:30 Communion with Deacon Tobon, C 12:00-1:00 Community Connection- Card Games & Puzzles, 3L, HHA 1:00-2:00 Creative Expression- Trivia with Kurt, WR, KH 2:00-4:00 Afternoon Social and Dance, WR, KH 3:00-4:00 Bingo, DR, ER 4:00-4:30 Transition Time- TV The Sixties, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Puzzles and Board Games, WR, HHA 	<ul style="list-style-type: none"> 8:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-11:00 Active Living- Collage & Balloon Volleyball, 3L, ER 11:00-11:30 Fun Facts/Trivia, WR, ER 1:00-2:00 Healthy Body Healthy Mind, WR 1:00-3:00 Creative Expression- Resident Music Hour, WR, HHA 2:00-4:00 Afternoon Social and Dance, WR 4:00-4:30 Transition Time TV- Natures Greatest Events, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Movie Night, WR, HHA 	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 10:00-11:00 Baking Club, DR 1:00-2:00 Sabbath Service, C 1:00-3:00 Creative Expression- Life Stories, 3L, ER 2:00-4:00 Afternoon Social and Dance, WR, ER 2:00-4:00 Tender Touch Massage with Ruth, C 3:00-4:00 Finish The Phrase!, DR, ER 4:00-4:30 Transition Time- TV Planet Earth, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Board Games, 3L, HHA 	<ul style="list-style-type: none"> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA 9:00-11:00 Active Living- Balloon Volleyball, 3L, ER 11:00-11:30 Facts/Trivia, WR, ER 1:00-3:00 Creative Expression- Wii Bowling, WR, ER 2:30-4:00 Afternoon Movie Matinee and Popcorn, WR, ER 4:00-4:30 Transition Time- TV The Cosmos, WR 4:30-6:30 Transition Time- Dinner is Served, DR 6:00-8:00 Community Connection- Movie Night, WR, HHA

11	12	13	14	15	16	17
<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-10:00 First Bible Church Group, C</p> <p> 10:00-11:00 Active Living- Balloon Volleyball, 3L, KH</p> <p> 1:00-3:00 Creative Expression- Trivia, 3L, KH</p> <p> 2:00-4:00 Afternoon Social and Dance, WR,, KH</p> <p> 4:00-4:30 Transition Time- TV Chef's Table, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Bingo, WR, KH</p> <p> 1:00-3:00 Creative Expression - Wii Bowling, 3L, KH</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, KH</p> <p> 4:00-4:30 Transition Time- TV Jack Hanna's Into The Wild, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Balloon Volleyball, 3L, ER</p> <p> 11:00-11:30 You Be The Judge, WR, ER</p> <p> 1:00-3:00 Creative Expression- Wii Sports, WR, ER</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, ER</p> <p> 3:00-4:00 Trivia, WR, ER</p> <p> 4:00-4:30 Transition Time- TV Bob Ross, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Life Stories & Memory Games, 3L, KH</p> <p> 11:00-11:30 Communion with Deacon Tobon, C</p> <p> 12:00-1:00 Community Connection- Card Games & Puzzles, 3L, HHA</p> <p> 1:00-2:00 Creative Expression- Trivia with Kurt, WR, KH</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, KH</p> <p> 3:00-4:00 Bingo, DR, ER</p> <p> 4:00-4:30 Transition Time- TV The Sixties, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Puzzles and Board Games, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Collage & Balloon Volleyball, 3L, ER</p> <p> 11:00-11:30 Fun Facts/Trivia, WR, ER</p> <p> 1:00-2:00 Creative Expression- Hand Massages with Joyel, WR</p> <p> 1:00-3:00 Creative Expression- Resident Music Hour, WR, HHA</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, ER</p> <p> 4:00-4:30 Transition Time- TV- Natures Greatest Events, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, ER</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 10:00-11:00 Baking Club, DR, KH</p> <p> 1:00-2:00 Sabbath Service, C</p> <p> 1:00-3:00 Creative Expression- Life Stories, 3L, ER</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, ER</p> <p> 3:00-4:00 Finish The Phrase!, DR, ER</p> <p> 4:00-4:30 Transition Time- TV Planet Earth, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Board Games, 3L, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Balloon Volleyball, 3L, ER</p> <p> 11:00-11:30 Facts/Trivia, WR, ER</p> <p> 1:00-3:00 Creative Expression- Wii Bowling, WR, ER</p> <p> 2:30-4:00 Afternoon Movie Matinee and Popcorn, WR, ER</p> <p> 4:00-4:30 Transition Time- TV The Cosmos, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>
18	19	20	21	22	23	24
<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-10:00 First Bible Church Group, C</p> <p> 10:00-11:00 Active Living- Balloon Volleyball, 3L, KH</p> <p> 1:00-3:00 Creative Expression- Trivia, 3L, KH</p> <p> 2:00-4:00 Sunday Sundae Social, WR, KH</p> <p> 4:00-4:30 Transition Time- TV Chef's Table, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB</p> <p> 9:00-11:00 Active Living- Bingo, WR</p> <p> 1:00-2:00 Performance By Lynn, P</p> <p> 2:00-3:00 Creative Expression - Wii Bowling, 3L</p> <p> 2:00-4:00 Afternoon Social and Dance, WR</p> <p> 4:00-4:30 Transition Time- TV Jack Hanna's Into The Wild, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Balloon Volleyball, 3L, ER</p> <p> 10:00-11:00 Piano, Violin & Viola Performance, L</p> <p> 11:00-11:30 You Be The Judge, WR, ER</p> <p> 1:00-3:00 Creative Expression- Wii Sports, WR, ER</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, ER</p> <p> 3:00-4:00 Trivia, WR, ER</p> <p> 4:00-4:30 Transition Time- TV Bob Ross, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Life Stories & Memory Games, 3L, KH</p> <p> 11:00-11:30 Communion with Deacon Tobon, C</p> <p> 12:00-1:00 Community Connection- Card Games & Puzzles, 3L, HHA</p> <p> 1:00-2:00 Performance By Traveling Phil, WR</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, KH</p> <p> 3:00-4:00 Bingo, DR, ER</p> <p> 4:00-4:30 Transition Time- TV The Sixties, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Puzzles and Board Games, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Collage & Balloon Volleyball, 3L, ER</p> <p> 11:00-11:30 Fun Facts/Trivia, WR, ER</p> <p> 1:00-2:00 Creative Expression- Hand Massages with Joyel, WR</p> <p> 1:00-3:00 Creative Expression- Resident Music Hour, WR, HHA</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, ER</p> <p> 4:00-4:30 Transition Time- TV- Natures Greatest Events, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 10:00-11:00 Baking Club, DR, ER</p> <p> 1:00-2:00 Sabbath Service, C</p> <p> 1:00-3:00 Creative Expression- Life Stories, 3L, ER</p> <p> 2:00-4:00 Afternoon Social and Dance, WR, ER</p> <p> 2:00-4:00 Tender Touch Massage with Ruth, C</p> <p> 3:00-4:00 Finish The Phrase!, DR, ER</p> <p> 4:00-4:30 Transition Time- TV Planet Earth, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Board Games, 3L, HHA</p>	<p> 8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, AB, HHA</p> <p> 9:00-11:00 Active Living- Balloon Volleyball, 3L, ER</p> <p> 11:00-11:30 Facts/Trivia, WR, ER</p> <p> 1:00-3:00 Creative Expression- Wii Bowling, WR, ER</p> <p> 2:00-3:00 Performance By John, P</p> <p> 2:30-4:00 Afternoon Movie Matinee and Popcorn, WR, ER</p> <p> 4:00-4:30 Transition Time- TV The Cosmos, WR</p> <p> 4:30-6:30 Transition Time- Dinner is Served, DR</p> <p> 6:00-8:00 Community Connection- Movie Night, WR, HHA</p>
25	26	27	28	29	30	31

8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, **AB, HHA**

9:00-10:00 First Bible Church Group, **C**

10:00-11:00 Active Living- Balloon Volleyball, **3L, KH**

1:00-3:00 Creative Expression- Trivia, **3L, KH**

2:00-3:00 Performance By Angelica, **P**

2:00-4:00 Afternoon Social and Dance, **WR, KH**

4:00-4:30 Transition Time- TV Chef's Table, **WR**

4:30-6:30 Transition Time- Dinner is Served, **DR**

6:00-8:00 Community Connection- Movie Night, **WR, HHA**

8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, **AB, HHA**

9:00-11:00 Active Living- Bingo, **WR, KH**

1:00-3:00 Creative Expression - Wii Bowling, **3L, KH**

2:00-4:00 Afternoon Social and Dance, **WR, KH**

4:00-4:30 Transition Time- TV Jack Hanna's Into The Wild, **WR**

4:30-6:30 Transition Time- Dinner is Served, **DR**

6:00-8:00 Community Connection- Movie Night, **WR, HHA**

8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, **AB, HHA**

9:00-11:00 Active Living- Balloon Volleyball, **3L, ER**

11:00-11:30 You Be The Judge, **WR, ER**

1:00-3:00 Creative Expression- Wii Sports, **WR, ER**

2:00-4:00 Afternoon Social and Dance, **WR, ER**

3:00-4:00 Trivia, **WR, ER**

4:00-4:30 Transition Time- TV Bob Ross, **WR**

4:30-6:30 Transition Time- Dinner is Served, **DR**

6:00-8:00 Community Connection- Movie Night, **WR, HHA**

8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, **AB, HHA**

9:00-11:00 Active Living- Life Stories & Memory Games, **3L, KH**

11:00-11:30 Communion with Deacon Tobon, **C**

12:00-1:00 Community Connection- Card Games & Puzzles, **3L, HHA**

1:00-2:00 Creative Expression- Trivia with Kurt, **WR, KH**

2:00-3:00 Monthly Birthday Party/Performance By Dave, **P**

3:00-4:00 Bingo, **DR, ER**

4:00-4:30 Transition Time- TV The Sixties, **WR**

4:30-6:30 Transition Time- Dinner is Served, **DR**

6:00-8:00 Community Connection- Puzzles and Board Games, **WR, HHA**

8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, **AB, HHA**

9:00-11:00 Active Living- Collage & Balloon Volleyball, **3L, ER**

11:00-11:30 Fun Facts/Trivia, **WR, ER**

1:00-2:00 Creative Expression- Hand Massages with Joyel, **WR**

2:00-4:00 Afternoon Social and Dance, **WR, ER**

4:00-4:30 Transition Time- TV- Natures Greatest Events, **WR**

4:30-6:30 Transition Time- Dinner is Served, **DR**

6:00-7:00 Piano Performance By Mark, **L**

6:00-8:00 Community Connection- Movie Night, **WR, HHA**

8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, **AB, HHA**

10:00-11:00 Baking Club, **DR**

1:00-2:00 Sabbath Service, **C**

1:00-3:00 Creative Expression- Life Stories, **3L, ER**

2:00-4:00 Afternoon Social and Dance, **WR, ER**

3:00-4:00 Finish The Phrase!, **DR, ER**

4:00-4:30 Transition Time- TV Planet Earth, **WR**

4:30-6:30 Transition Time- Dinner is Served, **DR**

6:00-8:00 Community Connection- Board Games, **3L, HHA**

8:00-10:00 Gentle Waking- 1-on-1 Rise and Shine- LEGACY, **AB, HHA**

9:00-11:00 Active Living- Balloon Volleyball, **3L, ER**

11:00-11:30 Facts/Trivia, **WR, ER**

1:00-3:00 Creative Expression- Walk to the Beat, **WR, ER**

2:30-4:00 Afternoon Movie Matinee and Popcorn, **WR, ER**

4:00-4:30 Transition Time- TV The Cosmos, **WR**

4:30-6:30 Transition Time- Dinner is Served, **DR**

6:00-8:00 Community Connection- Movie Night, **WR, HHA**