

## Heartis March 2019 Events



## HEARTIS

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This month we will kick off our Signature Travel Times program at Heartis of Amarillo and explore the country of Ireland. The month will be filled with Irish games, food, music, art, and culture.			3		Morning Motivation 9:30-11:30am	Gentle Waking 10:00-12:00pm  9:00am Weekend Leisure-Donuts and Discussion, FL  10:00am Donuts and Discussions, FL Create and Compose 2:30-4:30 pm  2:00pm Dominoes Tournament, B  3:00pm Game Room, AR  Community Connection 6:00-8:00pm  6:00 Classic Movie TR
3	4	5	6	7	8	9
10:00am Create and Compose-Resident Choice, CC 11:00am Coffee and News, SL 1:30pm Sunday Services with David, B Create and Compose 2:30-4:30 pm 2:30pm Sundae Funday, B	9:30 Morning Aerobics, FR 10:30 Gold Hunt, FR Staying Current 2:00-4:00 pm 2:00 Technology Class, B 2:30 Hot Tea and Current Events, B	3:00pm Book Club, SL Community Connection 6:00-8:00pm	Morning Motivation 9:30-11:30am	Morning Motivation 9:30-11:30am	Morning Motivation 9:30-11:30am	Gentle Waking 10:00-12:00pm  9:00am Weekend Leisure-Donuts and Discussion, FL  10:00am Donuts and Discussions, FL Create and Compose 2:30-4:30 pm  2:00pm Dominoes Tournament, B  3:00pm Game Room, AR Community Connection 6:00-8:00pm
10	11	12	13	14	15	16
10:00am Create and Compose-Resident Choice, CC 11:00am Coffee and News, SL 1:30pm Sunday Services with David, B Create and Compose 2:30-4:30 pm 2:30pm Sundae Funday, B	<ul> <li>₱ 9:30 Morning Aerobics, FR</li> <li>♣ 10:30 Gold Hunt, FR</li> <li>Staying Current 2:00-4:00 pm</li> <li>₱ 2:00 Technology Class, B</li> <li>♣ 2:30 Hot Tea and Current Events, B</li> </ul>	Community Connection 6:00-8:00pm	Morning Motivation 9:30-11:30am  9:30 Tai Chi Health and Recovery, FR  10:30 Shamrock Shake, B  11:00 Irish Culinary Creations, B  Staying Current 1:30-3:30 pm  1:30pm Community Planning Committee, VC  2:30pm Journey through Ireland, B  Community Connection 6:00-8:00pm Game Night, CC	9:30 Strength Training, FR 10:30 Leprechaun Rock Painting, CC Afternoon Social 2:00-4:00 pm 2:00pm Bridge Club, B 3:00pm Thirsty Thursday, B Community Connection 6:00-8:00pm	Morning Motivation 9:30-11:30am	Gentle Waking 10:00-12:00pm  9:00am Weekend Leisure-Donuts and Discussion, FL  10:00am Donuts and Discussions, FL Create and Compose 2:30-4:30 pm  2:00pm Dominoes Tournament, B  3:00pm Game Room, AR  Community Connection 6:00-8:00pm  6:00 Classic Movie TR
17	18	19	20	21	22	23
10:00am Create and Compose-Resident Choice, CC 11:00am Coffee and News, SL 1:30pm Sunday Services with David, B Create and Compose 2:30-4:30 pm 2:30pm Sundae Funday, B	9:30 Morning Aerobics, FR 10:30 Gold Hunt, FR Staying Current 2:00-4:00 pm 2:00 Technology Class, B 2:30 Hot Tea and Current Events, B 3:00pm Bingo and Country Store, B Community Connection 6:00-8:00pm	3:00pm Book Club, SL Community Connection 6:00-8:00pm	Morning Motivation 9:30-11:30am  9:30 Tai Chi Health and Recovery, FR  10:30 Shamrock Shake, B  11:00 Irish Culinary Creations, B  Staying Current 1:30-3:30 pm  1:30pm Community Planning Committee, VC  2:30pm Journey through Ireland, B  Community Connection 6:00-8:00pm  Game Night, CC	Morning Motivation 9:30-11:30am	Morning Motivation 9:30-11:30am	Gentle Waking 10:00-12:00pm  9:00am Weekend Leisure-Donuts and Discussion, FL  10:00am Donuts and Discussions, FL Create and Compose 2:30-4:30 pm  2:00pm Dominoes Tournament, B  3:00pm Game Room, AR  Community Connection 6:00-8:00pn  6:00 Classic Movie TR
24	25	26	27	28	29	30
10:00am Create and Compose-Resident Choice, CC 11:00am Coffee and News, SL 1:30pm Sunday Services with David, B Create and Compose 2:30-4:30 pm 2:30pm Sundae Funday, B	<ul> <li>₱ 9:30 Morning Aerobics, FR</li> <li>♣ 10:30 Gold Hunt, FR</li> <li>Staying Current 2:00-4:00 pm</li> <li>₱ 2:00 Technology Class, B</li> <li>♣ 2:30 Hot Tea and Current Events, B</li> </ul>	Community Connection 6:00-8:00pm	Morning Motivation 9:30-11:30am  9:30 Tai Chi Health and Recovery, FR  10:30 Shamrock Shake, B  11:00 Irish Culinary Creations, B  Staying Current 1:30-3:30 pm  1:30pm Community Planning Committee, VC  2:30pm Journey through Ireland, B  Community Connection 6:00-8:00pm  Game Night, CC	9:30 Strength Training, FR 10:30 Leprechaun Rock Painting, CC Afternoon Social 2:00-4:00 pm 2:00pm Bridge Club, B 3:00pm Thirsty Thursday, B Community Connection 6:00-8:00pm	Morning Motivation 9:30-11:30am	Gentle Waking 10:00-12:00pm  Signature 9:00am Weekend Leisure-Donuts and Discussion, FL  10:00am Donuts and Discussions, FL Create and Compose 2:30-4:30 pm  2:00pm Dominoes Tournament, B  3:00pm Game Room, AR Community Connection 6:00-8:00pm  6:00 Classic Movie TR
Gentle Waking 10:00-12:00pm  10:00am Create and Compose-Resident Choice, CC  11:00am Coffee and News, SL  1:30pm Sunday Services with David, B Create and Compose 2:30-4:30 pm  2:30pm Sundae Funday, B  3:30 Friendship Circle, LR Community Connection 6:00-8:00pm  6:00 Classic Movie TR	creature comforts	create & compose	travel times		WD - Valeo Dining Room FL - Front Lobby AS - Art Studio VC - Valeo Theater CC - Community Connection B - Bistro MS - Malt Shop FR - Fitness Room GH - Green House	Physical Spiritual Intellectual  Social Intellectual



## MARCH 2019 VALEO ENGAGEMENT





SENIORS. LIVING									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
This month we will kick off our Signature Travel Times program at the Villages of Windcrest and explore the country of Ireland. The month will be filled with Irish games, food music, art, and culture.	The same of the sa				the day and Today in History, VD  9:30am-11:30am Active Living- Let's go to the Hop and Leprechaun scavenger hunt, FR 2:00pm-4:00pm Out and About!! B	**All Day- Neighborhood Engagement-Solvere Connection  ** 7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD  ** 9:00am Weekend Leisure-Donuts and Discussion, FL  ** 9:00am-11:00am Create and Compose-Resident Choice, CC  ** 2:30pm-4:30 Main Street Shenanigans;			
						Sunday Sundaes, MS  4:00pm-5:00pm Transition Time- Resident Music Hour, VD  6:00pm-8:00pm Community Connection- Sunset on the Porch -cc			
3	4	5	6	7	8	9			
<ul> <li>All Day- Neighborhood Engagement-Solvere Connection</li> <li>↑ 7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD</li> <li>↑ 9:00am-11:00am Create and Compose-</li> </ul>	the day and Today in History, <i>VD</i> * 9:30am-11:30am Active Living- Morning	**All Day- Neighborhood Engagement-Solvere Connection ** 7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD ** 9:30am-11:30am Active Living- Yoga and	9:30am-11:30am Active Living- Tai Chi Health	9:30am-11:30am Active Living- Strength	**All Day- Neighborhood Engagement-Solvere Connection ** 7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD ** 9:30am-11:30am Active Living- Let's go to the				
Resident Choice, CC  1:30pm Sunday Services with David, B  2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS  4:00pm-5:00pm Transition Time- Resident	# 4:00pm-5:00pm Transition Time-Resident	<ul> <li>✓ 1:30pm Devotional with David, VC</li> <li>☑ 2:00pm-4:00pm Hometown Heritage and Lucky Bingo, CC</li> <li>☑ 2:30pm-4:30 Main Street Shenanigans, MS</li> </ul>	<ul> <li>2:00pm-4:00pm Heartis Harvest, GH</li> <li>2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS</li> <li>4:00pm-5:00pm Transition Time-Resident</li> </ul>	<ul> <li>2:00pm-4:00pm Thirsty Thursday! B</li> <li>4:00pm-5:00pm Transition Time-Resident Music Hour, VD</li> <li>6:00pm-8:00pm Community Connection-</li> </ul>	Hop and Leprechaun scavenger hunt, FR 2:00pm-4:00pm Out and About!! B 3 4:00pm-5:00pm Transition Time-Resident Music Hour, VD 3 6:00pm-8:00pm Community Connection-	Discussion, FL  8 9:00am-11:00am Create and Compose- Resident Choice, CC  2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS			
Music Hour, VD  6:00pm-8:00pm Community Connection- Aromatherapy and Sensory Corner-cc	Music Hour, VD  6:00pm-8:00pm Community Connection- Game Night, CC	# 4:00pm-5:00pm Transition Time-Resident Music Hour, VD  * 6:00pm-8:00pm Community Connection- Classic Irish Film, CC	Music Hour, VD 6:00pm-8:00pm Community Connection- Game Night, CC	Classic Irish Film, CC	Game Night, VC	<ul> <li>4:00pm-5:00pm Transition Time- Resident Music Hour, VD</li> <li>6:00pm-8:00pm Community Connection-Sunset on the Porch -cc</li> </ul>			
*All Day- Neighborhood Engagement-Solvere	All Day- Neighborhood Engagement-Solvere	*All Day- Neighborhood Engagement-Solvere	*All Day- Neighborhood Engagement-Solvere	*All Day- Neighborhood Engagement-Solvere	All Day- Neighborhood Engagement-Solvere	*All Day- Neighborhood Engagement-Solvere			
Connection  7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD  9:00am-11:00am Create and Compose-Resident Choice, CC  1:30pm Sunday Services with David, B  2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS  4:00pm-5:00pm Transition Time- Resident Music Hour, VD  6:00pm-8:00pm Community Connection-Aromatherapy and Sensory Corner-cc		√ 9:30am-11:30am Active Living- Yoga and	9:30am-11:30am Active Living- Tai Chi Health	<ul> <li>₱ 9:30am-11:30am Active Living- Strength</li> <li>Training and Leprechaun Rock Painting, FR</li> <li>2:00pm-4:00pm Thirsty Thursday! B</li> </ul>		Connection  7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD  7:00am Weekend Leisure-Donuts and Discussion, FL  7:00am Create and Compose-Resident Choice, CC  7:2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS  7:4:00pm-5:00pm Transition Time- Resident Music Hour, VD  7:6:00pm-8:00pm Community Connection-Sunset on the Porch -cc			
17	18	19	20	21	22	23			
**AII Day- Neighborhood Engagement-Solvere Connection  ** 7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD  ** 9:00am-11:00am Create and Compose-Resident Choice, CC  ** 1:30pm Sunday Services with David, B  ** 2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS  ** 4:00pm-5:00pm Transition Time- Resident Music Hour, VD  ** 6:00pm-8:00pm Community Connection-Aromatherapy and Sensory Corner-cc	the day and Today in History, VD  9:30am-11:30am Active Living- Morning	All Day- Neighborhood Engagement-Solvere Connection  7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD  1:30am-11:30am Active Living- Yoga and Chapel, VD  1:30pm Devotional with David, VC  2:00pm-4:00pm Hometown Heritage and Lucky Bingo, CC  2:30pm-4:30 Main Street Shenanigans, MS  1:00pm-5:00pm Transition Time-Resident Music Hour, VD  6:00pm-8:00pm Community Connection-Classic Irish Film, CC		<ul> <li>₱ 9:30am-11:30am Active Living- Strength</li> <li>Training and Leprechaun Rock Painting, FR</li> <li>♣ 2:00pm-4:00pm Thirsty Thursday! B</li> </ul>		**All Day- Neighborhood Engagement-Solvere Connection  ** 7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD  ** 9:00am Weekend Leisure-Donuts and Discussion, FL  ** 9:00am-11:00am Create and Compose-Resident Choice, CC  ** 2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS  ** 4:00pm-5:00pm Transition Time- Resident Music Hour, VD  ** 6:00pm-8:00pm Community Connection-Sunset on the Porch -cc			
24	25	26	27	28	29	30			
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31					MEETING PLACES	DIMENSIONS OF WELLNESS			
**AII Day- Neighborhood Engagement-Solvere Connection  ** 7:00am-9:00am Gentle Waking- Irish Word of the day and Today in History, VD  ** 9:00am-11:00am Create and Compose-Resident Choice, CC  ** 1:30pm Sunday Services with David, B  ** 2:30pm-4:30 Main Street Shenanigans; Sunday Sundaes, MS  ** 4:00pm-5:00pm Transition Time- Resident Music Hour, VD  ** 6:00pm-8:00pm Community Connection-	creature comforts	create @ compose	travel times		VD - Valeo Dining Room FL - Front Lobby AS - Art Studio VC - Valeo Theater CC - Community Connection B - Bistro MS - Malt Shop FR - Fitness Room GH - Green House	Physical Social Intellectual  Components of Wellness  The transfer of			
Aromatherapy and Sensory Corner-cc	1	I .			I ==				