



# MARCH 2019 VALEO CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday
<p>THIS MONTH WE WILL KICK OFF OUR SIGNATURE TRAVEL TIMES PROGRAM AT HEARTIS CYPRESS AND EXPLORE THE COUNTRY OF IRELAND. THE MONTH WILL BE FILLED WITH IRISH GAMES, FOOD, MUSIC, ART AND CULTURE</p>				
3	4	5	6	7
<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Sunday Matinee in Ireland, 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Gold Hunt and 2:00pm-4:00pm Resident Story Hour- Irish 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Yoga and 2:00pm-4:00pm Gold Coin Toss and Lucky 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Tai Chi Health 2:00pm-4:00pm Create and Compose- Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Strength 2:00pm-4:00pm Music Making, MS 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>
10	11	12	13	14
<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Weekend Leisure; Sunday 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Gold Hunt and 2:00pm-4:00pm Resident Story Hour- Irish 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Yoga and 2:00pm-4:00pm Gold Coin Toss and Lucky 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Tai Chi Health 2:00pm-4:00pm Create and Compose- Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Strength 2:00pm-4:00pm Music Making, MS 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>
17	18	19	20	21
<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:00am Gentle Waking- Irish word of 9:30am-11:30am Weekend Leisure- Sunday 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:00am Active Living- Gold Hunt 2:00pm-4:00pm Resident Story Hour- Irish 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Yoga and 2:00pm-4:00pm Gold Coin Toss and Lucky 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Tai Chi Health 2:00pm-4:00pm Create and Compose- Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Strength 2:00pm-4:00pm Music Making, MS 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>
24	25	26	27	28
<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Weekend Leisure- Sunday 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Gold Hunt and 2:00pm-4:00pm Resident Story Hour- Irish 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Yoga and 2:00pm-4:00pm Gold Coin Toss and Lucky 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Tai Chi Health 2:00pm-4:00pm Create and Compose- Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>	<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Strength 2:00pm-4:00pm Music Making, MS 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>
31				
<p>12:00am-12:00pm Solvere Connection; 1-on-6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:00am Weekend Leisure- Sunday 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-</p>				

Friday	Saturday
<b>1</b>	<b>2</b>
12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Rock N Roll 2:00pm-4:00pm Happy Hour - Refreshments 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-	12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Weekend Leisure; Coffee 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-
<b>8</b>	<b>9</b>
12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Rock N Roll 2:00pm-4:00pm Happy Hour- Appetizers, 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-	12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30pm Gentle Waking- Irish word of 9:30am-11:30am Weekend Leisure- Coffee 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-
<b>15</b>	<b>16</b>
12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Rock N Roll 2:00pm-4:00pm Happy Hour- Appetizers, 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-	12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Weekend Leisure- Coffee 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-
<b>22</b>	<b>23</b>
12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Rock N Roll 2:00pm-4:00pm Happy Hour- Appetizers, 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-	12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:00am Weekend Leisure- Coffee 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:00pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-
<b>29</b>	<b>30</b>
12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Active Living- Rock N Roll 2:00pm-4:00pm Happy Hour- Appetizers, 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:30pm-8:00pm Community Connection-	12:00am-12:00pm Solvere Connection; 1-on-1 6:30am-8:30am Gentle Waking- Irish word of 9:30am-11:30am Weekend Leisure- Coffee 2:00pm-4:00pm Create and Compose-Ireland 4:00pm-5:00pm Transition time- Resident 5:00pm-6:30pm Transition time-Dinner is 6:00pm-8:00pm Community Connection-