







SAMPLE 2025

VALEO PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M A R C H						1
2	3	Ron's Birthday 4	5	6	7	8
<p>10:00 Online Church Service, L 11:00 Sit & Stretch Exercise, L 1:30 Mens Club: NFL Games, L 2:30 Cool Colors Adult Coloring, DR 3:00 Spa Day: Nails & Massages, DR 6:30 B&W Movie, L</p>	<p>9:30 Stepping Stones: Walking Club, LG 10:00 Valentines Creative Corner, DR 11:00 3 in a row Trivia, L 1:30 Live Music w/ Harley, DR 3:00 BINGO!, DR 5:45 Documentary Night, L</p>	<p>9:30 Morning Stretches, L 10:30 Timeless Tune Sing Along, L 11:15 Toned Up w/ Theresa, L 12:30 Nativity Communion, DR 2:00 Perfect Dancing, L 3:00 Jeopardy!, L 6:30 Duets Wind-down, L</p>	<p>10:00 Ball Toss, L 10:30 Scrapbook Workshop, DR 11:00 Find the Pair, DR 1:30 Scattergories, L 3:00 Scratch Kitchen: Root Beer Floats, DR 6:30 Conversations w/ Friends,</p>	<p>9:30 1:1 Visits, L 10:30 Valentine's Day Cards, DR 11:05 Toned Up w/ Theresa 1:30 Live Music w/ the Sound Travelers, AL 3:00 Fetch w/ Sevyn!, L 6:30 Duets Hour, L</p>	<p>9:30 Sit & Stretch Exercise, L 10:30 Debbie: Shark Bite, DR 11:00 Balloon Baseball, L 1:30 BINGO!, DR 3:00 Friendship Wall, DR 6:30 Movie Night, L</p>	<p>10:00 Gospel Hymn Sing Along w/ Ruth, AL 11:00 Dominoes!, DR 1:30 Songs w/ DD Freeman, L 3:00 Bow Wow Biscuits, DR 6:30 Patio Chats, LG</p>
9	10	11	12	13	Valentine's Day 14	15
<p>Superbowl Sunday 10:00 Online Church Service, L 11:00 Sit & Stretch Exercise, L 1:30 Mens Club: NFL Highlights Chiefs and Eagles, L 3:00 Spa Day: Nails & Massages, DR 6:30 B&W Movie, L</p>	<p>9:30 Stepping Stones: Walking Club, LG 10:00 Legacy Kit Building!, DR 11:00 3 in a row Trivia, L 1:30 BINGO!, DR 3:00 Patio Chats, LG 5:45 Pawfection Pet Therapy, L</p>	<p>9:30 Morning Stretches, L 10:30 Timeless Tune Sing Along, L 11:15 Toned Up w/ Theresa, L 12:30 Nativity Communion, DR 1:00 Jammin w/ Joe, L 2:30 Creative Corner, DR 6:30 Duets Wind-down, L</p>	<p>10:00 Ball Toss, L 10:30 Find the Pair, DR 11:00 Scrapbook Workshop, L 1:30 Scattergories, L 3:00 Scratch Kitchen: Fluffy Coke, DR 6:30 Conversations w/ Friends, L</p>	<p>9:30 1:1 Visits, L 10:30 Fetch w/ Sevyn!, L 11:05 Toned Up w/ Theresa, L 1:30 Palentine's Day Social, DR 3:00 Valentine's Creative Corner, L 6:30 Duets Hour, L</p>	<p>9:30 Sit & Stretch Exercise, L 10:30 Valentine Toss, L 11:00 Balloon Baseball, L 1:30 BINGO!, DR 4:30 Valentine's Day Celebration Dinner, DR 6:30 Movie Night, L</p>	<p>10:00 Gospel Hymn Sing Along w/ Ruth, AL 11:00 Dominoes!, DR 1:30 Bow Wow Biscuits, DR 3:00 XL Poster Coloring, DR 6:30 Patio Chats, LG</p>
16	17	18	19	20	21	22
<p>10:00 Online Church Service, L 11:00 Sit & Stretch Exercise, L 1:30 Cool Colors Adult Coloring, DR 3:00 Spa Day: Nails & Massages, DR 6:30 B&W Movie, L</p>	<p>9:30 Stepping Stones: Walking Club, LG 10:00 Creative Corner, DR 11:00 3 in a row Trivia, L 1:30 BINGO!, DR 3:00 Patio Chats, LG 5:45 Documentary Night, L</p>	<p>9:30 Morning Stretches, L 10:30 Timeless Tune Sing Along, L 11:15 Toned Up w/ Theresa, L 12:30 Nativity Communion, DR 2:00 Perfect Dancing, L 3:00 Watercolor Hour, DR 6:30 Duets Wind-down, L</p>	<p>10:00 Ball Toss, L 10:30 Scrapbook Workshop, D 11:00 Find the Pair, DR 1:30 Scattergories!, L 3:00 Lovely Creative Corner, DR 6:30 Conversations w/ Friends,</p>	<p>9:30 1:1 Visits, L 10:30 Heart Flowers, DR 11:0 Toned Up w/ Theresa, L 1:30 Card Games w/ Friends, DR 3:00 Armchair Travel: Iceland, L 6:30 Duets Hour, L</p>	<p>9:30 Sit & Stretch Exercise, L 10:30 X's and O's, DR 11:00 Balloon Baseball, L 1:30 BINGO!, DR 3:00 Bracelet Making, Dr 6:30 Movie Night, L</p>	<p>10:00 Gospel Hymn Sing Along w/ Ruth, AL 11:00 Dominoes!, DR 1:30 Bow Wow Biscuits, DR 3:00 XL Poster Coloring, DR 6:30 Patio Chats, LG</p>
23	24	25	26	27	28	29
<p>10:00 Online Church Service, L 11:00 Sit & Stretch Exercise, L 1:30 Cool Colors Adult Coloring, DR 3:00 Spa Day: Nails & Massages, DR 6:30 B&W Movie, L</p>	<p>9:30 Stepping Stones: Walking Club, LG 10:00 Legacy Kit Building!, DR 11:00 3 in a row Trivia, L 2:00 Sing Along w/ Chris, L 3:00 Patio Chat, LG 5:45 Pawfection Pet Therapy, L</p>	<p>9:30 Morning Stretches, L 10:30 Timeless Tune Sing Along, L 11:15 Toned Up w/ Theresa, L 12:30 Nativity Communion, DR 1:30 BINGO!, DR 3:00 Watercolor Hour, DR 6:30 Duets Wind-down, L</p>	<p>10:00 Ball Toss, L 10:30 Jammin w/ Joe!, L 11:00 Scrapbook Workshop, DR 1:30 Scattergories, L 3:00 Bracelet Making, DR 6:30 Conversations w/ Friends, L</p>	<p>9:30 1:1 Visits, L 10:30 Creative Corner, DR 11:05 Toned Up w/ Theresa, L 1:30 BINGO!, DR 3:00 Animal of the Week: Polar Bear, DR 6:30 Duets Hour, L</p>	<p>9:30 Sit & Stretch Exercise, L 10:30 X's and O's, DR 11:00 Balloon Baseball, L 1:30 February Birthday Celebration 3:00 Birthday Games, DR 6:30 Movie Night, L</p>	<p>9:00 Neighborhood Stroll 9:30 Spiritual & Social Circle 1:00 Neighborhood News 1:30 Recreation: Gamers 3:30 Easy Listening Music: Rock 'n Rhythm 5:30 Family Visits</p>
30	31	LOCATION KEY		ADDITIONAL INFORMATION		
<p>9:00 Neighborhood Stroll 9:30 Spiritual & Social Circle 1:00 Neighborhood News 1:30 Recreation: Gamers 3:30 Easy Listening Music: Rock 'n Rhythm 5:30 Family Visits</p>	<p>9:00 Neigh borhood Stroll 9:30 Spiritual & Social Circle 1:00 Neighborhood News 1:30 Recreation: Gamers 3:30 Easy Listening Music: Rock 'n Rhythm 5:30 Family Visits</p>	<p>L Lounge DR Dining Room LG Lily's Garden O Outing AL Assisted Living</p>		<p>For any suggestions/ recommendations for activities/ outings please see Dessary Francis (Lifestyle Director)</p>		

All activities are subject to change. Please sign up for any trips at the front desk. * cost may apply. Please see Activity Staff from 9:30-5:30 to check out board games and puzzles.