

# MAY 2022

100 West Square Lake Road  
Bloomfield Township, MI 48302

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[www.TheAvalonOfBloomfieldTownship.com](http://www.TheAvalonOfBloomfieldTownship.com)



| Sunday                     |  | Monday                     |   | Tuesday                    |   | Wednesday  |   | Thursday  |   | Friday  |   | Saturday  |  |
|----------------------------|--|----------------------------|---|----------------------------|---|--|---|---|---|---|---|---|--|
| 1                          | <b>May Day</b>   | 2                          |   | 3                          |   | 4  |   | 5   | <b>Cinco de Mayo</b>  | 6   |   | 7   |  |
| PY<br>CO<br>SE<br>CR<br>SE | 11:00 Exercise-Computer guided program 2DR<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Quarter Jackpot CH</b><br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH                       | SP<br>PY<br>SE<br>CO<br>SO | 9:45 Uplifting & Positive News Reading B<br>11:00 Chair Exercise-Stretching FC<br>2:00 <b>Taste &amp; Try 2DR</b><br>4:00 Tea & Trivia (Try a new tea every week!) 2DR<br>5:30 Movies with Friends TH             | PY<br>CO<br>SO<br>CR<br>SO | 11:00 <b>Chair Exercise-In the Courtyard</b><br>1:00 Sing-a-long 2DR<br>2:00 <b>Prize Bingo 2DR</b><br>4:00 Fancy Flower Arranging CH<br>5:30 Movies with Friends TH                                | SP<br>PY<br>CO<br>SE<br>SO<br>SO   | 10:15 Communion w/ St. Hugo's Church C<br>11:00 Chair Exercise- Arms FC<br>1:00 Daily Chronical & Chat B<br>2:00 <b>Entertainment w/ Christine S. 2DR</b><br>4:00 Humor & Hot Chocolate 2DR<br>5:30 Movies with Friends TH        | PY<br>PR<br>SO<br>SO<br>SO  | 11:00 Chair Exercise- Full Body FC<br>1:00 <b>Tender Hearts Visit 2DR</b><br>2:00 <b>Prize Bingo 2DR</b><br>4:00 <b>Cinco de Mayo: Margaritas, Chips &amp; Salsa 2DR</b><br>5:30 Movies with Friends TH   | PY<br>CO<br>SE<br>CO<br>SO                                      | 11:00 Chair Exercise-Legs FC<br>1:00 Daily Chronical & Word Games FD<br>2:00 <b>LIVE Kentucky Derby Races 2DR</b><br>4:00 Happy Hour & Trivia 2DR<br>5:30 Movies with Friends TH              | PY<br>CO<br>SO<br>CR<br>SO  | 11:00 Exercise- Dealers Choice FC<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Mother's Day Afternoon Tea (Please RSVP by May 2nd) 2DR</b><br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH |
| 8                          | <b>Mother's Day</b>  | 9                          |   | 10                         |   | 11   |   | 12  |   | 13  |   | 14  |  |
| PY<br>CO<br>SE<br>CR<br>SE | 11:00 Exercise-Computer guided program 2DR<br>1:00 Daily Chronical & Word Games FD<br>1:30 Sing-Along Sundays! TH<br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH                          | SP<br>PY<br>SE<br>CO<br>SO | 9:45 Uplifting & Positive News Reading B<br>11:00 Chair Exercise-Stretching FC<br>2:00 <b>Entertainment w/ Michael K. CH</b><br>4:00 Tea & Trivia (Try a new tea every week!) 2DR<br>5:30 Movies with Friends TH  | PY<br>CO<br>SO<br>CR<br>SO | 11:00 Chair Exercise-Balloon Volleyball FC<br>1:00 Sing-a-long 2DR<br>2:00 <b>Prize Bingo 2DR</b><br>4:00 Fancy Flower Arranging CH<br>5:30 Movies with Friends TH                                  | SP<br>PY<br>CO<br>SE<br>SO<br>SO   | 10:15 Communion w/ St. Hugo's Church C<br>11:00 Chair Exercise- Arms FC<br>1:00 Daily Chronical & Chat B<br>1:30 <b>Joy Ride FE</b><br>4:00 Humor & Hot Chocolate 2DR<br>5:30 Movies with Friends TH                              | PY<br>PY<br>PR<br>SO<br>SO<br>SO  | 10:15 <b>Blood Pressure Clinic CH</b><br>11:00 Chair Exercise- Full Body FC<br>1:00 <b>Tender Hearts Visit 2DR</b><br>2:00 <b>Prize Bingo 2DR</b><br>3:30 Pretty Nails 2DR<br>5:30 Movies with Friends TH | PY<br>CO<br>CR<br>CO<br>SO                                      | 11:00 Chair Exercise-Legs FC<br>1:00 Daily Chronical & Word Games FD<br>2:00 <b>Crafting Together (spring door hanger) 2DR</b><br>4:00 Happy Hour & Trivia 2DR<br>5:30 Movies with Friends TH | PY<br>CO<br>SO<br>CR<br>SO  | 11:00 Exercise- Dealers Choice FC<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Snack Bingo 2DR</b><br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH   |
| 15                         |  | 16                         |   | 17                         |   | 18   |   | 19  |   | 20  |   | 21  | <b>Armed Forces Day</b>  |
| PY<br>CO<br>SO<br>CR<br>SE | 11:00 Exercise-Computer guided program 2DR<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Quarter Jackpot CH</b><br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH                       | SP<br>PY<br>SE<br>CO<br>SO | 9:45 Uplifting & Positive News Reading B<br>11:00 Chair Exercise-Stretching FC<br>2:00 <b>Entertainment w/ Richard S. 2DR</b><br>4:00 Tea & Trivia (Try a new tea every week!) 2DR<br>5:30 Movies with Friends TH | PY<br>CO<br>SO<br>CR<br>SO | 11:00 Chair Exercise-Balloon Volleyball FC<br>1:00 Sing-a-long 2DR<br>2:00 <b>Prize Bingo 2DR</b><br>4:00 Fancy Flower Arranging CH<br>5:30 Movies with Friends TH                                  | SP<br>PY<br>CO<br>SE<br>SO<br>SO   | 10:15 Communion w/ St. Hugo's Church C<br>11:00 Chair Exercise- Arms FC<br>1:00 Daily Chronical & Chat B<br>2:00 <b>Scoops &amp; Smiles-Ice Cream Social 2DR</b><br>4:00 Humor & Hot Chocolate 2DR<br>5:30 Movies with Friends TH | PY<br>PR<br>SO<br>SO<br>SO  | 11:00 Chair Exercise- Full Body FC<br>1:00 <b>Tender Hearts Visit 2DR</b><br>2:00 <b>Prize Bingo 2DR</b><br>3:30 Pretty Nails 2DR<br>5:30 Movies with Friends TH  | PY<br>CO<br>SE<br>CO<br>SO                                      | 11:00 Chair Exercise-Legs FC<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Out to the Park with a Snack FE</b><br>4:00 Happy Hour & Trivia 2DR<br>5:30 Movies with Friends TH            | PY<br>CO<br>SO<br>SE<br>SO  | 11:00 Exercise- Dealers Choice FC<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Snack Bingo 2DR</b><br>3:30 <b>Cooking Class 2DR</b><br>5:30 Movies with Friends TH                                     |
| 22                         |  | 23                         |   | 24                         |   | 25   |   | 26  |   | 27  |   | 28  |  |
| PY<br>CO<br>SE<br>CR<br>SE | 11:00 Exercise-Computer guided program 2DR<br>1:00 Daily Chronical & Word Games FD<br>2:00 <b>Violin Concert w/ the SMA Tour Group 2DR</b><br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH | SP<br>PY<br>SE<br>CO<br>SO | 9:45 Uplifting & Positive News Reading B<br>11:00 Chair Exercise-Stretching FC<br>2:00 <b>Prize Bingo 2DR</b><br>4:00 Tea & Trivia (Try a new tea every week!) 2DR<br>5:30 Movies with Friends TH                 | PY<br>CO<br>PR<br>CR<br>SO | 11:00 Chair Exercise-Balloon Volleyball FC<br>1:00 Sing-a-long 2DR<br>2:00 <b>Farmer's Market &amp; Fun Facts about Health 2DR</b><br>4:00 Fancy Flower Arranging CH<br>5:30 Movies with Friends TH | SP<br>PY<br>CO<br>SE<br>SO<br>SO   | 10:15 Catholic Mass w/ St. Hugo's Church<br>11:00 Chair Exercise- Arms FC<br>1:00 Daily Chronical & Chat B<br>2:00 <b>Entertainment w/ Steve K. 2DR</b><br>4:00 Humor & Hot Chocolate 2DR<br>5:30 Movies with Friends TH          | PY<br>PY<br>PR<br>SO<br>SO<br>SO  | 10:15 Blood Pressure Clinic CH<br>11:00 Chair Exercise- Full Body FC<br>1:00 <b>Tender Hearts Visit 2DR</b><br>2:00 <b>Prize Bingo 2DR</b><br>3:30 Pretty Nails 2DR<br>5:30 Movies with Friends TH        | PY<br>CO<br>SE<br>CO<br>SO                                      | 11:00 Chair Exercise-Legs FC<br>1:00 Daily Chronical & Word Games FD<br>1:15 <b>Out to the Movies FE</b><br>4:00 Happy Hour & Trivia 2DR<br>5:30 Movies with Friends TH                       | PY<br>CO<br>SO<br>CR<br>SO  | 11:00 Exercise- Dealers Choice FC<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Snack Bingo 2DR</b><br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH   |
| 29                         |  | 30                         | <b>Memorial Day</b>   | 31                         |   |  |   |   |   |   |   |   |  |
| PY<br>CO<br>SO<br>CR<br>SE | 11:00 Exercise-Computer guided program 2DR<br>1:00 Daily Chronical & Word Games FD<br>1:30 <b>Quarter Jackpot CH</b><br>4:00 Coloring & Crafts CH<br>5:30 Movies with Friends TH                       | SP<br>PY<br>SO<br>SO       | 9:45 Uplifting & Positive News Reading B<br>11:00 Chair Exercise-Computer guided program 2DR<br>1:00 <b>Tigers Tailgate CH</b><br>5:30 Movies with Friends TH   | PY<br>CO<br>SO<br>CR<br>SO | 11:00 Chair Exercise-Balloon Volleyball FC<br>1:00 Sing-a-long 2DR<br>2:00 <b>Prize Bingo 2DR</b><br>4:00 Fancy Flower Arranging CH<br>5:30 Movies with Friends TH                                  | CO - Cognitive<br>CR - Creative<br>PY - Physical<br>PR - Purposeful<br>SE - Sensory<br>SO - Social<br>SP - Spiritual |   | FC-Fitness Center<br>B-Bistro<br>CH-City Hall<br>TH-Theater<br>FR-Family Room<br>2DR- 2nd Floor Dining Room<br>FE-Front Entrance<br>FD-Front Desk<br>C-Chapel |   | Happy May Birthdays!!<br>Sharie G. May 9th<br>Roger M. May 14th |   | **New Events this Month**<br>Every Tuesday at 1:00pm we will be having a sing-a-long in the second floor dining room! Come join the fun!<br>Walking Club: Saturday, May: 14th, 28th, Please meet at the front entrance, (weather permitting), and we will take a leisure walk enjoying fresh air and company! |  |

Events are Subject to Change.