

NOVEMBER 2022

100 West Square Lake Road
Bloomfield Township, MI 48302

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www.TheAvalonOfBloomfieldTownship.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p> <p>FC-Fitness Center B-Bistro CH-City Hall TH-Theater FR-Family Room 2DR- 2nd Floor Dining Room FE-Front Entrance FD-Front Desk C-Chapel CY-Court Yard</p>		<p>1</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC CO 1:00 Sing-a-long 2DR SO 2:00 Prize Bingo 2DR CR 4:00 Fancy Flower Arranging CH SO 5:30 Movies with Friends TH</p>	<p>2</p> <p>SP 10:15 Communion w/ St. Hugo's Church C PY 11:00 Chair Exercise- Arms FC CO 1:00 Daily Chronical & Chat B SE 2:00 Beats with Ben 2DR (steel drum) E 4:00 Tea & Trivia 2DR SO 5:30 Movies with Friends TH</p>	<p>3</p> <p>PY 11:00 Chair Exercise- Full Body FC PR 1:00 Tender hearts 2DR SO 2:00 Prize Bingo 2DR SO 4:00 Happy Hour with Michelle! B SO 5:30 Movies with Friends TH</p>	<p>4</p> <p>PY 11:00 Chair Exercise-Legs FC CO 1:00 Daily Chronical & Word Games FD SE 2:00 Taste & Try 2DR CO 4:00 Total Brain Health Exercises 2DR SO 5:30 Movies with Friends TH</p>	<p>5</p> <p>PY 11:00 Exercise- Dealers Choice FC CO 1:00 Daily Chronical & Word Games FD SO 1:30 Snack Bingo 2DR SO 3:00 Pretty Nails 2DR SO 5:30 Movies with Friends TH</p>
<p>6 Daylight Saving Ends</p> <p>PY 11:00 Exercise-Computer guided program 2DR CO 1:00 Daily Chronical & Word Games FD SE 1:30 Sing-Along Sundays! TH SO 3:30 Walking Club CY SE 5:30 Movies with Friends TH</p>	<p>7</p> <p>SP 11:00 Daily Chronical & Chat B SE 2:00 Cooking class with Sam 2DR PY 4:00 Chair Exercise-Stretching FC SO 5:30 Movies with Friends TH</p>	<p>8 Election Day</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC CO 1:00 Sing-a-long 2DR SO 2:00 Prize Bingo 2DR CR 4:00 Fancy Flower Arranging CH SO 5:30 Movies with Friends TH</p>	<p>9</p> <p>SP 10:15 Communion w/ St. Hugo's Church C PY 11:00 Chair Exercise- Arms FC CO 1:00 Daily Chronical & Chat B SE 1:30 Joy Ride FE E 4:00 Tea & Trivia 2DR SO 5:30 Movies with Friends TH</p>	<p>10</p> <p>PY 11:00 Chair Exercise- Full Body FC PR 1:00 Tender hearts 2DR SO 2:00 Prize Bingo 2DR SO 4:00 Happy Hour with Michelle! B SO 5:30 Movies with Friends TH</p>	<p>11 Veterans Day</p> <p>PY 11:00 Chair Exercise-Legs FC CO 1:00 Daily Chronical & Word Games FD PR 2:30 Veterans Day Ceremony 2DR SE 3:30 Entertainment w/ Michael K. 2DR SO 5:30 Movies with Friends TH</p>	<p>12</p> <p>PY 11:00 Exercise- Dealers Choice FC CO 1:00 Daily Chronical & Word Games FD SO 1:30 Snack Bingo 2DR SO 3:00 Pretty Nails 2DR SO 5:30 Movies with Friends TH</p>
<p>13</p> <p>PY 11:00 Exercise-Computer guided program 2DR CO 1:00 Daily Chronical & Word Games FD SE 1:30 Sing-Along Sundays! TH SO 3:30 Walking Club CY SE 5:30 Movies with Friends TH</p>	<p>14</p> <p>SP 11:00 Daily Chronical & Chat B SE 2:00 Don't Burst my Bubble 2DR PY 4:00 Chair Exercise-Stretching FC SO 5:30 Movies with Friends TH</p>	<p>15</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC CO 1:00 Sing-a-long 2DR SO 2:00 Prize Bingo 2DR CR 4:00 Fancy Flower Arranging CH SO 5:30 Movies with Friends TH</p>	<p>16</p> <p>SE 9:30 Out to the Theater: Newsies at Bloomfield Hills Highschool FE SP 10:15 Catholic Mass w/ St. Hugo's Church C PY 11:00 Chair Exercise- Arms FC SE 2:00 Entertainment w/ Christine S. E 4:00 Tea & Trivia 2DR SO 5:30 Movies with Friends TH</p>	<p>17</p> <p>PY 11:00 Chair Exercise- Full Body FC PR 1:00 Tender hearts 2DR SO 2:00 Prize Bingo 2DR SO 4:00 Happy Hour with Michelle! B SO 5:30 Movies with Friends TH</p>	<p>18</p> <p>PY 11:00 Chair Exercise-Legs FC CO 1:00 Daily Chronical & Word Games FD SE 2:00 Violin with Isabel & Wesley 2DR CO 4:00 Total Brain Health Exercises 2DR SO 5:30 Movies with Friends TH</p>	<p>19</p> <p>PY 11:00 Exercise- Dealers Choice FC CO 1:00 Daily Chronical & Word Games FD SO 1:30 Snack Bingo 2DR SO 3:00 Pretty Nails 2DR SO 5:30 Movies with Friends TH</p>
<p>20</p> <p>PY 11:00 Exercise-Computer guided program 2DR CO 1:00 Daily Chronical & Word Games FD SE 1:30 Sing-Along Sundays! TH SO 3:30 Walking Club CY SE 5:30 Movies with Friends TH</p>	<p>21</p> <p>SP 11:00 Daily Chronical & Chat B SE 2:00 Entertainment w/ Richard S. PY 4:00 Chair Exercise-Stretching FC SO 5:30 Movies with Friends TH</p>	<p>22</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC CO 1:00 Sing-a-long 2DR SO 2:00 Prize Bingo 2DR CR 4:00 Fancy Flower Arranging CH SO 5:30 Movies with Friends TH</p>	<p>23</p> <p>SP 10:15 Communion w/ St. Hugo's Church C PY 11:00 Chair Exercise- Arms FC CO 1:00 Daily Chronical & Chat B SO 2:30 Happy Hour with Matt & Brandy! SO 5:30 Movies with Friends TH</p>	<p>24 Thanksgiving</p> <p>PY 11:00 Chair Exercise- Computer guided FC SO 2:00 Movie Party TH SO 4:00 Happy Hour with Michelle! B SO 5:30 Movies with Friends TH</p>	<p>25</p> <p>PY 11:00 Chair Exercise-Legs FC CO 1:00 Daily Chronical & Word Games FD SE 2:00 Prize Bingo 2DR CO 4:00 Total Brain Health Exercises 2DR SO 5:30 Movies with Friends TH</p>	<p>26</p> <p>PY 11:00 Exercise- Dealers Choice FC CO 1:00 Daily Chronical & Word Games FD SO 1:30 Snack Bingo 2DR SO 3:00 Pretty Nails 2DR SO 5:30 Movies with Friends TH</p>
<p>27</p> <p>PY 11:00 Exercise-Computer guided program 2DR CO 1:00 Daily Chronical & Word Games FD SE 1:30 Sing-Along Sundays! TH SO 3:30 Walking Club CY SE 5:30 Movies with Friends TH</p>	<p>28</p> <p>SP 11:00 Daily Chronical & Chat B SE 2:00 Holiday Decorating with Sam! PY 4:00 Chair Exercise-Stretching FC SO 5:30 Movies with Friends TH</p>	<p>29</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC CO 1:00 Sing-a-long 2DR SO 2:00 Prize Bingo 2DR CR 4:00 Fancy Flower Arranging CH SO 5:30 Movies with Friends TH</p>	<p>30</p> <p>SP 10:15 Communion w/ St. Hugo's Church C PY 11:00 Chair Exercise- Arms FC CO 1:00 Daily Chronical & Chat B SO 2:00 Scoops & Smiles 2DR E 4:00 Tea & Trivia 2DR SO 5:30 Movies with Friends TH</p>	<p>**New Events this Month** Please join us every Friday at 4:00pm in the second floor dining room for Total Brain Health Exercises! These short exercises are aimed at keeping our thinking focused, quick, and nimble!</p>	<p>**New Events this Month** Every Tuesday at 1:00pm we will be having a sing-a-long in the second floor dining room! Come join the fun!</p>	<p>Happy November Birthdays!! Nov. 3rd Evelyn B. Nov. 15th Ray G. Nov. 19th Loretta Z. Nov. 23rd Alice S. Nov. 27th Jeanette M. (101 years old!) Nov. 27th Jerry N. Nov. 28th Meredith W.</p>