

JANUARY 2023

100 West Square Lake Road
Bloomfield Township, MI 48302

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www.TheAvalonOfBloomfieldTownship.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SE 1:30 Sing-Along Sundays! TH</p> <p>SO 3:30 Walking Club CY</p> <p>SE 5:30 Movies with Friends TH</p>	<p>2</p> <p>SP 11:00 Chair Exercise FC</p> <p>SE 1:00 Sing-A-Long 2DR</p> <p>PY 4:00 Hot Chocolate and Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>3</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Fancy Flower Arranging CH</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>CR 4:00 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>4</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Walking Club FE</p> <p>2:00 New Release Movie Party 2DR</p> <p>E 4:00 Tea & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>5</p> <p>10:00 Coffee & Cards CH</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 3:00 Happy Hour with Michelle! B</p> <p>SO 5:30 Movies with Friends TH</p>	<p>6</p> <p>10:00 Getting to know your Neighbors 2DR</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:30 Joy Ride FE</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>7</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>SO 1:00 Snack Bingo 2DR</p> <p>SO 3:00 Daily Chronical & Word Games FD</p> <p>SO 5:30 Movies with Friends TH</p>
<p>8</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SE 1:30 Sing-Along Sundays! TH</p> <p>SO 3:30 Walking Club CY</p> <p>SE 5:30 Movies with Friends TH</p>	<p>9</p> <p>10:00 Coffee & Coloring CH</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>1:00 Sing-A-Long 2DR</p> <p>SE 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Hot Chocolate & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>10</p> <p>10:00 Positive News Stories 2DR</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Fancy Flower Arranging CH</p> <p>SO 2:30 Prize Bingo 2DR</p> <p>CR 4:00 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>11</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Walking Club FE</p> <p>SE 2:00 Entertainment w/ Michael K. 2DR</p> <p>E 4:00 Tea & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>12</p> <p>10:00 Coffee & Cards CH</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 3:00 Happy Hour with Michelle! B</p> <p>SO 5:30 Movies with Friends TH</p>	<p>13</p> <p>10:00 Getting to know your Neighbors 2DR</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:00 Walking Club FE</p> <p>SE 2:00 Don't Burst my Bubble 2DR</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>14</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>SO 1:00 Snack Bingo 2DR</p> <p>SO 3:00 Daily Chronical & Word Games FD</p> <p>SO 5:30 Movies with Friends TH</p>
<p>15</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>SE 1:30 Sing-Along Sundays! TH</p> <p>SO 3:30 Walking Club CY</p> <p>SE 5:30 Movies with Friends TH</p>	<p>16</p> <p>10:00 Coffee & Coloring CH</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>1:00 Sing-A-Long 2DR</p> <p>SE 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Hot Chocolate & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>17</p> <p>10:00 Positive News Stories 2DR</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Fancy Flower Arranging CH</p> <p>SO 2:30 Snowman Table Races! 2DR</p> <p>CR 4:00 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>18</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Walking Club FE</p> <p>SE 2:00 Healthy Cooking Class 2DR</p> <p>E 4:00 Tea & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>19</p> <p>10:00 Coffee & Cards CH</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 3:00 Happy Hour with Michelle! B</p> <p>SO 5:30 Movies with Friends TH</p>	<p>20</p> <p>10:00 Getting to know your Neighbors 2DR</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:00 Walking Club FE</p> <p>SE 2:00 Comedy Improve Show 2DR</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>21</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>SO 1:00 Snack Bingo 2DR</p> <p>SO 3:00 Daily Chronical & Word Games FD</p> <p>SO 5:30 Movies with Friends TH</p>
<p>22</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>SE 1:30 Sing-Along Sundays! TH</p> <p>SO 3:30 Walking Club CY</p> <p>SE 5:30 Movies with Friends TH</p>	<p>23</p> <p>10:00 Coffee & Coloring CH</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>1:00 Sing-A-Long 2DR</p> <p>SE 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Hot Chocolate & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>24</p> <p>10:00 Positive News Stories 2DR</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Fancy Flower Arranging CH</p> <p>SO 2:30 Fleece & Thank You! 2DR</p> <p>CR 4:00 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>25</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Walking Club FE</p> <p>SE 2:00 Groovin' with Gary 2DR</p> <p>E 4:00 Tea & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>26</p> <p>10:00 Coffee & Cards CH</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 3:00 Happy Hour with Michelle! B</p> <p>SO 5:30 Movies with Friends TH</p>	<p>27</p> <p>10:00 Getting to know your Neighbors 2DR</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:00 Walking Club FE</p> <p>SE 2:00 Ice Cream Social 2DR</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>28</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>SO 1:00 Snack Bingo 2DR</p> <p>SO 3:00 Daily Chronical & Word Games FD</p> <p>SO 5:30 Movies with Friends TH</p>
<p>29</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>SE 1:30 Sing-Along Sundays! TH</p> <p>SO 3:30 Walking Club CY</p> <p>SE 5:30 Movies with Friends TH</p>	<p>30</p> <p>10:00 Coffee & Coloring CH</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>1:00 Sing-A-Long 2DR</p> <p>SE 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Hot Chocolate & Trivia 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>31</p> <p>10:00 Positive News Stories 2DR</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Fancy Flower Arranging CH</p> <p>SO 2:00 Out to the Movies FE</p> <p>CR 4:00 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>CO - Cognitive</p> <p>CR - Creative</p> <p>E - Emotional</p> <p>PY - Physical</p> <p>PR - Purposeful</p> <p>SE - Sensory</p> <p>SO - Social</p> <p>SP - Spiritual</p>	<p>FC-Fitness Center</p> <p>B-Bistro</p> <p>CH-City Hall</p> <p>TH-Theater</p> <p>FR-Family Room</p> <p>2DR- 2nd Floor Dining Room</p> <p>FE-Front Entrance</p> <p>FD-Front Desk</p> <p>C-Chapel</p> <p>CY-Court Yard</p>	<p>**New Events this Month**</p> <p>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>Happy January Birthdays!</p> <p>Avis Y. Jan 10th</p> <p>Victor R. Jan 12th</p>

Events are Subject to Change.