

FEBRUARY 2023

Monthly Events and Activities

100 West Square Lake Rd
Bloomfield Township, MI 48302
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Activity Types
			<ul style="list-style-type: none">● 10:15 Communion w/ St. Hugo's Church (C)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Walking Club (FE)● 2:00 Entertainment w/ Christine S. (2DR)● 4:00 Tea & Trivia (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Getting to know your Neighbors (2DR)● 11:00 Chair Exercise-Full Body (FC)● 1:00 Tender Hearts (2DR)● 2:00 Prize Bingo (2DR)● 3:00 Happy Hour! (B)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Coffee & Cards (2DR)● 11:00 Chair Exercise: Legs (FC)● 1:00 Joy Ride (FE)● 2:15 Joy Ride (FE)● 4:00 Total Brain Health Exercises (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 11:00 Chair Exercise: Dealers Choice (FC)● 1:00 Snack Bingo (2DR)● 3:00 Daily Chronical & Word Games (FD)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● Creativity● Curiosity● Fun● Purpose
<ul style="list-style-type: none">● 11:00 Exercise- Computer guided program (2DR)● 1:00 Daily Chronical & Word Games (FD)● 3:30 Walking Club (FE)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Coffee & Coloring (2DR)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Sing-A-Long (2DR)● 2:00 Prize Bingo (2DR)● 4:00 Humor & Hot Chocolate (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Positive News Stories (2DR)● 10:30 Motivated & Moving w/ Jasmin (FC)● 1:00 Fancy Flower Arranging (CH)● 1:30 Out to Sea Life Aquarium (\$14) (FE)● 4:00 Pretty Nails (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:15 Communion w/ St. Hugo's Church (C)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Walking Club (FE)● 2:30 Taste & Try (2DR)● 4:00 Tea & Trivia (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Getting to know your Neighbors (2DR)● 11:00 Chair Exercise-Full Body (FC)● 1:00 Tender Hearts (2DR)● 2:00 Prize Bingo (2DR)● 3:00 Happy Hour! (B)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Coffee & Cards (2DR)● 11:00 Chair Exercise: Legs (FC)● 1:00 Walking Club (FE)● 2:00 Football Tailgate (2DR)● 4:00 Total Brain Health Exercises (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 11:00 Chair Exercise: Dealers Choice (FC)● 1:00 Snack Bingo (2DR)● 3:30 Terrific Trivia! (2DR)● 5:30 Movies with Friends (TH)	<div>Locations</div> <p>Fitness Center = FC Bistro = B City Hall = CH Theater = TH Family Room = FR Second Floor Dining Room = 2DR Front Entrance = FE Front Desk = FD Chapel = C Court Yard = CY</p>
<ul style="list-style-type: none">● 11:00 Exercise- Computer guided program (2DR)● 1:00 Daily Chronical & Word Games (FD)● 3:30 Walking Club (FE)● 5:30 Movies with Friends (TH)● 6:30 Super Bowl LVII Party (CH)	<ul style="list-style-type: none">● 10:00 Coffee & Coloring (2DR)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Sing-A-Long (2DR)● 2:00 Prize Bingo (2DR)● 4:00 Humor & Hot Chocolate (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Positive News Stories (2DR)● 11:00 Chair Exercise: Balloon Volleyball (FC)● 1:00 Fancy Flower Arranging (CH)● 2:30 Valentines Day: Cookie Taste Test (2DR)● 4:00 Pretty Nails (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:15 Communion w/ St. Hugo's Church (C)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Walking Club (FE)● 2:00 Valentine's Day Party w/ Kelly Miller! (2DR)● 4:00 Tea & Trivia (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Getting to know your Neighbors (2DR)● 11:00 Chair Exercise-Full Body (FC)● 1:00 Tender Hearts (2DR)● 2:00 Prize Bingo (2DR)● 3:00 Happy Hour! (B)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Coffee & Cards (2DR)● 11:00 Chair Exercise: Legs (FC)● 1:00 Resident Council Meeting (CH)● 2:00 Heart Health Month: Farmers Market! (2DR)● 4:00 Total Brain Health Exercises (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 11:00 Chair Exercise: Dealers Choice (FC)● 1:00 Snack Bingo (2DR)● 3:00 Daily Chronical & Word Games (FD)● 5:30 Movies with Friends (TH)	<div>Happy Birthday!</div> <p>Janice D. February 4th Eugene W. February 13th Janice D. February 21st Lorraine B. February 21st</p>
<ul style="list-style-type: none">● 11:00 Exercise- Computer guided program (2DR)● 1:00 Daily Chronical & Word Games (FD)● 3:30 Walking Club (FE)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Coffee & Coloring (2DR)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Sing-A-Long (2DR)● 2:00 Prize Bingo (2DR)● 4:00 Humor & Hot Chocolate (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Positive News Stories (2DR)● 10:30 Motivated & Moving w/ Jasmin (FC)● 11:30 Celebration of Black History Month Luncheon (2DR)● 1:30 Fancy Flower Arranging (CH)● 3:00 Honoring our living black history (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:15 Communion w/ St. Hugo's Church (C)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Walking Club (FE)● 2:00 Fleece & Thank You (2DR)● 4:00 Tea & Trivia (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Getting to know your Neighbors (2DR)● 11:00 Chair Exercise-Full Body (FC)● 1:00 Tender Hearts (2DR)● 2:00 Prize Bingo (2DR)● 3:00 Happy Hour! (B)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Coffee & Cards (2DR)● 11:00 Chair Exercise: Legs (FC)● 1:00 Walking Club (FE)● 2:00 Healthy Cooking Class (2DR)● 4:00 Total Brain Health Exercises (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 11:00 Chair Exercise: Dealers Choice (FC)● 1:00 Snack Bingo (2DR)● 3:30 Terrific Trivia! (2DR)● 5:30 Movies with Friends (TH)	
<ul style="list-style-type: none">● 11:00 Exercise- Computer guided program (2DR)● 1:00 Daily Chronical & Word Games (FD)● 3:30 Walking Club (FE)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Coffee & Coloring (2DR)● 11:00 Exercise w/ PowerBack (FC)● 1:00 Sing-A-Long (2DR)● 2:00 Prize Bingo (2DR)● 4:00 Humor & Hot Chocolate (2DR)● 5:30 Movies with Friends (TH)	<ul style="list-style-type: none">● 10:00 Positive News Stories (2DR)● 11:00 Chair Exercise: Balloon Volleyball (FC)● 1:00 Fancy Flower Arranging (CH)● 2:30 Paczki and Polkas! (2DR)● 4:00 Pretty Nails (2DR)● 5:30 Movies with Friends (TH)					

