

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Independent Word Searches/ Crosswords [CH] <b>1</b> 1:00 Exercise with Arie [2DR] 2:15 Movie Matinee: Wonder [T] 3:30 Trivia [2DR]	8:45 Activity Cart and Mail Delivery <b>2</b> 10:00 Getting to know your Neighbor - Icebreakers and Coffee Chat [2DR] 11:00 Chair Exercise with Powerback [2DR] 1:00 Short Story Reading [FR] 1:30 Card Club [FR] 3:00 Happy Hour [CH] 4:00 Trivia Time [CH]	<b>Beauty Salon Open - Call Concierge to Schedule</b> <b>3</b> 8:45 Activity Cart and Mail Delivery 10:00 What's Going on in the World? [2DR] 11:00 Exercise: Balloon Volleyball [2DR] 1:00 Puppy Visits with Ollie [2DR] 1:30 BINGO [2DR] 3:00 Games: Roll a Number [FR] 4:00 Tuesday Terrific Trivia [FR]	8:45 Activity Cart and Mail Delivery <b>4</b> 10:15 Communion with St. Hugo's Catholic Church [C] 11:00 Power Up with Powerback [2DR] 1:00 Independent Coloring/Word Searches [2DR] <b>1:00 Outing: Ceramics Studio [O]</b> 4:00 Wheel of Fortune [FR]	8:45 Activity Cart and Mail Delivery <b>5</b> 10:00 Listen and Learn - Winter Olympics Chasing Gold [2DR] 11:00 Exercise Class with Stephanie [2DR] 1:00 Trivia [2DR] 1:30 BINGO [2DR] 3:00 Live Music: Nate Topolewski [2DR]	8:45 Activity Cart and Mail Delivery <b>6</b> 10:00 Create and Caffeinate! [2DR] 11:00 Olympic Exercise: Balloon Hockey [2DR] 1:00 Craft Club: Olympic Centerpieces [2DR] 2:00 Opening Ceremony of the Winter Olympics [2DR] 4:00 Jeopardy [2DR]	11:00 Independent Word Searches/ Crosswords [CH] <b>7</b> 1:00 Exercise With Jennifer [2DR] 2:00 BINGO [2DR] 3:30 Tabletop Games [FR]
11:00 Independent Word Searches/ Crosswords [CH] <b>8</b> 1:00 Live Music: Mike Letovsky [2DR] 2:15 Movie Matinee: Daddy Daycare [T] 3:30 Exercise with Arie [2DR] 6:30 Super Bowl Viewing [CH]	8:45 Activity Cart and Mail Delivery <b>9</b> 10:00 Getting to know your Neighbor - Icebreakers and Coffee Chat [2DR] 11:00 Chair Exercise with Powerback [2DR] 1:00 Short Story Reading [FR] 1:30 Card Club [FR] 3:00 Happy Hour [CH] 4:00 Trivia Time [CH]	<b>Beauty Salon Open - Call Concierge to Schedule</b> <b>10</b> 8:45 Activity Cart and Mail Delivery 10:00 What's Going on in the World? [2DR] 11:00 Olympic Exercise: Snowball Shotput [2DR] 1:00 Puppy Visits with Ollie [2DR] 1:30 BINGO [2DR] 3:00 Games: UNO [FR] 4:00 Tuesday Terrific Trivia [FR]	8:45 Activity Cart and Mail Delivery <b>11</b> 10:15 Communion with St. Hugo's Catholic Church [C] 11:00 Power Up with Powerback [2DR] 1:00 Independent Coloring/Word Searches [2DR] <b>1:00 Outing: Shopping at Target [O]</b> 4:00 Wheel of Fortune [FR]	8:45 Activity Cart and Mail Delivery <b>12</b> 10:00 Listen and Learn - Black History [2DR] 11:00 Olympic Exercise: Sky Ring [2DR] 1:00 BINGO [2DR] 2:30 Valentines Day Social [2DR] 3:00 Live Music: Vanessa Carr [2DR]	8:45 Activity Cart and Mail Delivery <b>13</b> 10:00 Create and Caffeinate! [2DR] 11:00 Exercise: Deep Breathing and Basketball! [2DR] 1:00 Craft Club: Valentines Day Card Making [2DR] 2:00 Movie Matinee: An Unexpected Valentine [2DR] 4:00 Jeopardy [2DR]	<b>Happy Valentine's Day!</b> <b>14</b> 11:00 Independent Word Searches/Crosswords [CH] 1:00 Exercise With Jennifer [2DR] 2:00 BINGO [2DR] 3:30 Tabletop Games [FR]
11:00 Independent Word Searches/ Crosswords [CH] <b>15</b> 1:00 Live Music: Kevin Wills [2DR] 2:15 Movie Matinee: Einstein and the Bomb [T] 3:30 Trivia [2DR]	8:45 Activity Cart and Mail Delivery <b>16</b> 10:00 Getting to know your Neighbor - Icebreakers and Coffee Chat [2DR] 11:00 Chair Exercise with Powerback [2DR] 1:00 Short Story Reading [FR] 1:30 Card Club [FR] 3:00 Happy Hour [CH] 4:00 Trivia Time [CH]	<b>Beauty Salon Open - Call Concierge to Schedule</b> <b>17</b> 8:45 Activity Cart and Mail Delivery 10:00 Listen and Learn - Mardi Gras [2DR] 11:00 Throw Me Something Game [2DR] 1:00 Puppy Visits with Ollie [2DR] 1:30 BINGO [2DR] 3:00 Craft: Mardi Gars Masks [FR] 4:00 Mardi Gras Trivia [FR]	<b>Ash Wednesday</b> <b>18</b> 8:45 Activity Cart and Mail Delivery 10:15 Communion with St. Hugo's Catholic Church [C] 11:00 Power Up with Powerback [2DR] <b>11:30 Outing: Lunch at 5th Tavern [O]</b> 1:00 Independent Coloring/Word Searches [2DR] 4:00 Wheel of Fortune [FR]	8:45 Activity Cart and Mail Delivery <b>19</b> 10:00 What's Going on in the World? [2DR] 11:00 Olympic Exercise: Table Curling [2DR] 1:00 Trivia [2DR] 1:30 BINGO [2DR] 3:00 Live Music: Gary Kolody [2DR]	8:45 Activity Cart and Mail Delivery <b>20</b> 10:00 Create and Caffeinate! [2DR] 11:00 Olympic Snowflake Throwing [2DR] 1:00 Craft Club: Lollipop Bouquet [2DR] 2:00 Movie Matinee: Cool Runnings (Disney +) [2DR] 4:00 Jeopardy [2DR]	11:00 Independent Word Searches/ Crosswords [CH] <b>21</b> 1:00 Exercise With Jennifer [2DR] 2:00 BINGO [2DR] 3:30 Tabletop Games [FR]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Independent Word Searches/ Crosswords [CH] <b>22</b> 1:00 Exercise with Arie 2:15 Movie Matinee: Facing the Giants [T] 3:30 Trivia [2DR]	8:45 Activity Cart and Mail Delivery <b>23</b> 10:00 Getting to know your Neighbor - Icebreakers and Coffee Chat [2DR] 11:00 Chair Exercise with Powerback [2DR] 1:00 Short Story Reading [FR] 1:30 Card Club [FR] 3:00 Happy Hour [CH] 4:00 Trivia Time [CH]	<b>Beauty Salon Open - Call Concierge to Schedule 24</b> 8:45 Activity Cart and Mail Delivery 10:00 What's Going on in the World? [2DR] 11:00 Exercise: Balloon Volleyball [2DR] 1:00 Puppy Visits with Ollie [2DR] 1:30 BINGO [2DR] 3:00 Games: Roll a Number [FR] 4:00 Tuesday Terrific Trivia [FR]	8:45 Activity Cart and Mail Delivery <b>25</b> 10:15 Communion with St. Hugo's Catholic Church [C] 11:00 Power Up with Powerback [2DR] 1:00 Independent Coloring/ Word Searches [2DR] <b>1:00 Outing: The Aquarium [O]</b> 4:00 Wheel of Fortune [FR]	8:45 Activity Cart and Mail Delivery <b>26</b> 10:00 Listen and Learn - The Bermuda Triangle [2DR] 11:00 Exercise Class with Stephanie [2DR] 1:30 Resident Council [C] 3:00 Live Music: Christine Schinker [2DR]	8:45 Activity Cart and Mail Delivery <b>27</b> 10:00 Create and Caffeinate! [2DR] 11:00 Exercise: Deep Breathing and Basketball! [2DR] 1:00 Craft Club: Flower Arranging [2DR] 2:00 Movie Matinee: James Bond Goldfinger [2DR] 4:00 Jeopardy [2DR]	11:00 Independent Word Searches/ Crosswords [CH] <b>28</b> 1:00 Exercise With Jennifer [2DR] 2:00 BINGO [2DR] 3:30 Tabletop Games [FR]

### Location Key

**2DR-** 2nd floor Dining Room

**FR-** 2nd floor Family Room

**B-** Bistro

**T-** Theater

**CH-** City Hall

**C-** Chapel

*\*All Activities are Subject to Change\**



**THE AVALON**  
of Bloomfield Township

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Bloomfield Township,  
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248-282-4088

"Surrender to what is. Let go of what was. Have faith in what will be."

— *Sonia Ricotti*

### Resident Birthdays

Harold F. 2/25

