

# Abbey Park at Mill River – ACTIVITY CALENDAR FOR THE MONTH OF February 2022

Activities on the Schedule are subject to change without notice.

Contact the Activity Department for more information on Abbey Park activities at 248-437-6550 X 109.

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|---|---|---|---|--|--|
|    |    | <b>1 Chinese New Year!</b><br>Drop off Dry Cleaning, Office<br>9:30am-4:30pm Doctors Appts.<br>10am Bible Study in the Chapel<br>11am Valentine Heart Craft, Act. Ctr.<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>2pm Chinese New Year Celebration in the Activity Center<br>2pm Play Rummikub in the Fitness Rm<br>3pm Wine and Cheese in the Dining Rm | <b>2 Groundhog Day!</b><br>Dr. Mastro by Appointment<br>11am Chair Tai Chi, Fitness Rm.<br>11am Casey in the Lobby<br>11:30am Lunch out at Leo's Coney<br>1:00-1:30pm Country Store<br>1:30pm Shopping at Walmart<br>1:45pm BINGO in the Activity Center<br>2pm Jerry Perrine, Pianist, Lobby<br>3pm Ice Cream Floats in the Café | <b>3</b><br>11am Drop in Games in the Act. Ctr.<br>1-4pm Doctors Appts.<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>2pm Kings in the Corner<br>3pm Happy Hour in the Dining Rm.   | <b>4</b> Dry Cleaning Delivery Day<br>11am Ikercize in the Fitness Rm.<br>1:30pm Shopping at Meijer<br>1:30pm Movie Time<br>1:45pm BINGO in the Activity Ctr.<br>3pm Drop in Knitting/Crocheting<br><br>Sign up for any of next week's trips, activities and crafts after lunch  | <b>5</b><br>7-11am Continental Breakfast available in the Café<br>1:30pm Dominoes in the Fitness Rm.   |
| <b>6</b><br>7-11am Continental Breakfast available in the Café<br>10am Shepard's Way Lutheran Church Service in the Theater<br>1:30pm Skip-bo Cards, Fitness Rm<br>3pm Cookies in the Café<br>6:30pm Protestant Church Service in the Chapel  | <b>7 Personalized Hearing Care by Appt.</b><br>10:30am Chair Exercise with weights, Fitness Room<br>1-3pm Driving to Bank, Pharm, P.O.<br>1:00-1:30pm Country Store<br>Wii Bowling begins at your time<br>1:30pm Movie Time<br>4pm Walking Club, Lobby  | <b>8</b> Drop off Dry Cleaning, Office<br>9:30am-4:30pm Doctors Appts.<br>10am Bible Study in the Chapel<br>12pm Ladies Pizza Lunch; Fee.<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>2pm Book Club meets in the Library<br>3pm Wine and Cheese in the Dining Rm  | <b>9</b><br>11am Chair Zumba, Fitness Rm.<br>10:30am Catholic Communion, Chapel<br>11am Casey in the Lobby<br>1:00-1:30pm Country Store<br>1:30pm Shopping at Walmart<br>1:45pm BINGO in the Activity Center<br>2pm Mike Letovsky– 2 Saxophones<br>3pm Ice Cream Floats in the Café   | <b>10</b><br>8am Men's Breakfast at Americus<br>1-4pm Doctors Appts.<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>2pm Kings in the Corner<br>2pm Valentine Craft in the Act. Ctr.<br>3pm Happy Hour in the Dining Rm.                              | <b>11</b> Dry Cleaning Delivery Day<br>11am Ikercize in the Fitness Rm.<br>1:30pm Shopping at Meijer<br>1:30pm Movie Time<br>1:30pm Posture, Stretching & Balance with Northville PT, Fit. Rm.<br>1:45pm BINGO in the Activity Ctr.<br>3pm Drop in Knitting/Crocheting<br>Sign up for any of next week's trips, activities and crafts after lunch  | <b>12</b><br>7-11am Continental Breakfast available in the Café<br>1:30pm Dominoes in the Fitness Rm.  |
| <b>13</b><br>7-11am Continental Breakfast available in the Café<br>10am Shepard's Way Lutheran Church Service in the Theater<br>1:30pm Skip-bo Cards, Fitness Rm<br>3pm Cookies in the Café<br>6:30pm Protestant Church Service in the Chapel | <b>14 Valentine's Day!</b><br>10:30am Chair Exercise with weights, Fitness Room<br>1-3pm Driving to Bank, Pharm, P.O.<br>1:00-1:30pm Country Store<br>No Movie or Bowling Today!<br>2pm Battle of the Sexes Game in the Theater – Looking for participants<br>4pm Walking Club, Lobby                                 | <b>15</b> Drop off Dry Cleaning, Office<br>9:30am-4:30pm Doctors Appts.<br>10am Bible Study in the Chapel<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>2pm Multi Media Aer Group, Act. Ctr.<br>3pm Wine and Cheese in the Dining Rm  | <b>16</b><br>11am Chair Tai Chi, Fitness Room<br>11am Casey in the Lobby<br>10:45am Lunch at Benihana<br>1:00-1:30pm Country Store<br>1:30pm Shopping at Walmart<br>1:45pm BINGO in the Activity Center<br>2pm Double Play, Flute & Tuba<br>3pm Ice Cream Floats in the Café  | <b>17</b><br>10am Shopping at Dollar Tree<br>1-4pm Doctors Appts.<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>2pm Tea Time, Activity Center<br>2pm Kings in the Corner<br>3pm Happy Hour in the Dining Rm.<br>3:30pm Craft with Kristi, Act. Ctr. | <b>18</b> Dry Cleaning Delivery Day<br>11am Ikercize in the Fitness Room<br>1:30pm Shopping at Meijer<br>1:30pm Movie Time<br>1:30pm Posture, Stretching & Balance with Northville PT, Fit. Rm.<br>1:45pm BINGO in the Activity Ctr.<br>3pm Winter Olympics, Fitness Rm<br>Sign up for any of next week's trips, activities and crafts after lunch | <b>19</b><br>7-11am Continental Breakfast available in the Café<br>1:30pm Dominoes in the Fitness Rm.  |
| <b>20</b><br>7-11am Continental Breakfast available in the Café<br>10am Shepard's Way Lutheran Church Service in the Theater<br>1:30pm Skip-bo Cards, Fitness Rm<br>3pm Cookies in the Café<br>6:30pm Protestant Church Service in the Chapel | <b>21 Presidents' Day! No Mail Today</b><br>Dr. Heligman makes house calls<br>10:30am Chair Exercise with weights, Fitness Room<br>1-3pm Driving to Bank, Pharm, P.O.<br>1:00-1:30pm Country Store<br>Wii Bowling continues at your time<br>1:30pm Movie Time<br>3pm Play the Ugame, Lobby<br>4pm Walking Club, Lobby | <b>22</b> Drop off Dry Cleaning, Office<br>9:30am-4:30pm Doctors Appts.<br>10am Bible Study in the Chapel<br>12pm Men's Pizza Lunch; Fee.<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>1:30pm Catholic Mass in the Chapel<br>2pm Garden Club Meeting, Activity Ctr.<br>3pm Wine and Cheese in the Dining Rm  | <b>23</b><br>8:30am Ladies Breakfast at Americus<br>11am Chair Zumba, Fitness Rm.<br>11am Casey in the Lobby<br>1:00-1:30pm Country Store<br>1-4pm Heart Health Fair, Lobby<br>1:30pm Shopping at Walmart<br>1:45pm BINGO in the Activity Center<br>3pm Ice Cream Floats in the Café<br>3:30pm Music Therapy, Fitness Room        | <b>24</b><br>8am Men's Breakfast at Americus<br>1-4pm Doctors Appts.<br>1:00-1:30pm Country Store<br>1:30pm Balance Class, Fitness Room<br>2pm Kings in the Corner<br>2pm Christine Schinker, Lobby<br>2:30pm Leave for MHS Play; Fee.<br>3pm Happy Hour in the Dining Rm.  | <b>25</b> Dry Cleaning Delivery Day<br>11am Ikercize in the Fitness Room<br>1:30pm Shopping at Meijer<br>1:30pm Movie Time<br>1:30pm Posture, Stretching & Balance with Northville PT, Fit. Rm.<br>1:45pm BINGO in the Activity Ctr.<br>3pm Drop in Knitting/Crocheting<br>Sign up for any of next week's trips, activities and crafts after lunch | <b>26</b><br>7-11am Continental Breakfast available in the Café<br>1:30pm Dominoes in the Fitness Rm.  |
| <b>27</b><br>7-11am Continental Breakfast available in the Café<br>10am Shepard's Way Lutheran Church Service in the Theater<br>1:30pm Skip-bo Cards, Fitness Rm<br>3pm Cookies in the Café<br>6:30pm Protestant Church Service in the Chapel | <b>28</b><br>10:30am Chair Exercise with weights, Fitness Room<br>1-3pm Driving to Bank, Pharm, P.O.<br>1:00-1:30pm Country Store<br>Wii Bowling continues at your time<br>1:30pm Movie Time<br>4pm Walking Club, Lobby   |    |    |    | John Slusarski – February 6 <sup>th</sup><br>Ed McKenna – February 11 <sup>th</sup><br>Dory Catalano – February 11 <sup>th</sup><br>Louis Barati – February 27 <sup>th</sup><br>Elaine Flynn – February 27 <sup>th</sup>   | Happy Birthday to all residents that have February Birthdays!<br> |

**\*Please remember if you are feeling ill or have any symptoms of COVID-19 or the Flu please stay in your apartment and alert a family member.**