



Special Outing 

Musical Entertainment 

Birthday Bash 

The Park at Trowbridge

February

Entertainment, Outings, and Activities

AR= Activity Room

DR=Dining Room

AT=Atrium

TV= TV Room

TR= Therapy Room

1. DOCTOR DAY (SIGN UP) 

10:30– Morning Workout (AR)

11:15- Creative Coloring (AR)

12:30– Hoop Shoot (AR)

1:00– Activities Calendar Meeting (115)

2:00– Greater Faith (AR)

3:15– Bean Bag Toss- (AR) 

7:15– Entertainment with Gary Pillow

2. BEAUTY SHOP DAY (SIGN UP)

10:30– Morning Workout (AR)

12:00– Trip to Kroger

12:30– Scrabble (AR)

1:00– Men’s Poker (117)

1:30: Balloon Volleyball (AR)

3:00– Horse Racing (AR)

7:00- Multiple Solitaire (115) 

Groundhog Day

3. SHOPPING DAY (SIGN UP)

9:00– Synagogue

10:00 -Southfield Library

10:30– Morning Workout (TV)

12:00– Popcorn (AR)

12:30– Kohl's, Whole Foods, Walgreens

1:00– Bean Bag Toss (AR)

2:30– Bingo (AR)

7:15– Movie-Romance (TV)

4. NO TRANSPORTATION

10:00– Black History Month Documentary (TV)

1:00– Creative Coloring (AR)

1:00-5:30- Movie marathon- Morgan Freeman

1:30– LCR Dice Game (115)

3:00– Bible Study (AR) 

6:30– Super Bowl Party (TV)

5. OUTING DAY (SIGN UP)

10:30– Chair Dancing (AR)

11:00– Movie at the Maple

1:00– Word Games (AR)

1:30– Travelogue (TV)

2:30– Knitting/Crochet Group (AR)

3:00– Trivia Time (AR)

7:15–Movie-Classic (TV) 

6. DOCTOR DAY (SIGN UP)

10:00– Tai Chi (AR)

11:00– Community Lunch– Happy Garden Chinese (115)

12:00– Popcorn (AR)

1:00– Men’s Poker (117)

1:00- Health Talk with Janette (AR)

2:00– Rabbi Polter (115)

3:00– Balloon Volleyball (AR)

7:00 – Movie –Action (TV)

7:00– Bin

7. 5– MILE ERRAND DAY (SIGN UP)

9:30– Breakfast at Scrambler’s

10:00– Trip to Banks

11:00– Food Committee and Culinary Chat (115)

11:00– Watch Repair (AR)

12:00– Trip to Meijer

1:30– Cultural Afternoon with Joe (TV)

3:00- Horse Racing (AR)

7:15– Current Events (AR) 

8. DOCTOR DAY (SIGN UP)

10:30– Morning Workout (AR)

11:30– Creative Coloring (AR) 

12:45– Valentine’s Cards (AR)

2:00– Open Forum (115)

3:00– Hoop Shoot (AR)

7:15– Entertainment with Mike Prybliski


9. BEAUTY SHOP DAY (SIGN UP)

10:30– Morning Workout (AR)

11:30– Transfiguration Service

12:00– Trip to Kroger

1:00– Men’s Poker (117)

2:00–Word Games (AR) 

3:00– Horse Racing (AR)

7:00– Multiple Solitaire (115)

10. SHOPPING DAY (SIGN UP)

9:00– Synagogue

10:00 -Southfield Library

10:30– Morning Workout (TV)

12:00–Popcorn (AR)

12:30– Laurel Park Mall

1:00– Bean Bag Toss (AR)

2:30– Bingo (AR)

7:00 – Movie-Classic (TV)

11. NO TRANSPORTATION

10:00– Black History Month Documentary (TV)


10:30– Congraton Shir Tikvah– Bingo and Prizes (AR)

1:00-5:30- Movie Marathon– Whoopi Goldberg

1:00– Creative Coloring (AR)

1:30– LCR Dice Game (115)

3:00– Bible Study (AR)

7:15– Motown Music with Ivory Darnell (AR) 

12. OUTING DAY (SIGN UP)


10:30– Chair Dancing (AR)

12:00– Tour Sanders Chocolate Factory and lunch at Red Robin

12:30– Puzzles and Games (AR)

2:30– Knitting/Crochet Group (115)

3:00– Catch Phrase (AR)

7:00– Movie– Classic (TV) 

13. DOCTOR DAY (SIGN UP)

10:00– Tai Chi (AR)


1:00– Paczkis for Fat Tuesday (AR)

1:00– Men’s Poker (117)

2:00– Make Mardi Gras Masks (AR)


3:00– Balloon Volleyball (AR)

7:00– Current Events (AR)

Mardi Gras 


14. 5– MILE ERRAND DAY (SIGN UP)

10:00– Trip to Banks

10:30– Resident Council Mtg (AR) 

11:00– Culinary Chat (115)


11:30– Ash Wednesday Service at The Church of Transfiguration

12:00– Trip to Meijer 

1:30- Cultural Afternoon with Joe (TV)

3:00– Horse Racing (AR)

7:15– Entertainment with Marshall Allen

HAPPY VALENTINE’S DAY 

15. DOCTOR DAY (SIGN UP)

10:00- Catholic Rosary Group (117)

10:30– Morning Workout (AR)

11:15- Creative Coloring (AR)

1:30– Free Prize Bingo (AR)

3:00– Reminiscing with Allen (AR)

7:00 – Movie –Action (TV)

7:00– Bingo (AR)

16. BEAUTY SHOP DAY (SIGN UP)

10:30– Morning Workout (AR)

11:00– Vendor -Jamal “Black is Gold” (AR)

12:00– Trip to Kroger

1:00– Men’s Poker (117)

1:30– Flower Project (AR)


3:00– Horse Racing (AR)

7:00- Multiple Solitaire (115)

17. SHOPPING DAY (SIGN UP)

9:00- Synagogue

10:00 -Southfield Library

10:30– Morning Workout (AR) 

12:00–Popcorn (AR)

12:30– Oakland Mall

1:00– Bean Bag Toss (AR)

2:30– Bingo (AR)

7:15– Entertainment with Craig Marsden (AR)

18. NO TRANSPORTATION

10:00– Black History Month Documentary (TV)

1:00– Puzzles and Games (AR)

1:00-5:30- Movie Marathon– Cicely Tyson

1:30– LCR Dice Game (115)

3:00– Bible study (AR)

7:15– Rifcah Canvas Painting Class (AR)

19. OUTING DAY (SIGN UP)

10:30– Chair Dancing (AR)

11:30– Highlights tour of the Charles Wright Museum and lunch at Sweet Lorraine’s Mac n’ Brewz

12:30– Puzzles and Games (AR)

1:00– Travelogue (TV) 

2:00– Food Demo (AR)

2:30– Knitting/Crochet Group (115)

7:00– Movie– Classic (TV)

20. DOCTOR DAY (SIGN UP)

10:00– Tai Chi (AR)

12:00– Popcorn (AR) 

1:00– Men’s Poker (117)

1:00-Health Talk with Janette (AR)

3:00– Birthday Bash with Dan Berger (AR)

7:00 – Movie-Action (TV) 

7:00– Bingo (AR)


21. 5– MILE ERRAND DAY (SIGN UP)

10:00– Trip to Banks

10:30– Rifcah– Jewelry Class (115)

10:30– Morning Workout(AR)

11:00– Culinary Chat (115)

11:00– Watch Repair (AR) 

12:00– Trip to Meijer

1:30– Cultural Afternoon with Joe (TV)

3:00– Horse Racing (AR)

6:00– Jazz and Blues Concert at the SFL

7:15– Current Events (AR)

22. DOCTOR DAY (SIGN UP)

10:30– Morning Workout (AR) 

11:15- Creative Coloring (AR)

12:45– Food Project– Nutella and Banana Pies (AR)

2:00– Word Games (AR)

3:00– Hoop Shoot (AR)

7:15– Movie-Country Western (TV)

7:15– Entertainment with Yanina Gavrilenko (AR)

23. BEAUTY SHOP DAY (SIGN UP)

10:30– Morning Workout (AR)

11:30– Transfiguration Service


12:00– Trip to Kroger

1:00– Men’s Poker (117)

1:00– PACE Presentation (AR)

2:15– Horse Racing (AR) (time change)

3:00- Happy Hour and Comedy Hour (115)

7:00– Multiple Solitaire (115) 

24. SHOPPING DAY (SIGN UP)

9:00- Synagogue

10:00 -Southfield Library

10:30– Morning Workout (AR)

12:00–Popcorn (AR)

12:30– TJ Maxx, 5 Below, Costco, Best Buy and Dollar Store

1:00– Bean Bag Toss (AR)

2:30– Bingo (AR)

7:15– Movie-Romance (TV)

25. NO TRANSPORTATION

10:00– Black History Month Documentary (TV) 

1:00– Creative Coloring (AR)

1:00-5:30- Movie Marathon– Denzel Washington

1:30– LCR Dice Game (115)

3:00– Bible study (AR)

7:15– Entertainment with Rick and Dayna

26. OUTING DAY (SIGN UP)

10:00–Greek town Casino

10:30– Chair Dancing (AR)

11:00– Trip to Johnny Pomodoros

1:00– Word Games (AR)

1:30– Travelogue (TV) 

2:30– Knitting/Crochet Group (115)

7:00– Movie– Classic (TV)

27. DOCTOR DAY (SIGN UP)

10:00– Tai Chi (AR)

12:00– Popcorn (AR)

1:00– Men’s Poker (117)

2:00– Town Hall (DR)

3:15– Hoop Shoot (AR)

7:00 – Movie-Action (TV)

7:00– Bingo (AR)

28. 5– MILE ERRAND DAY (SIGN UP)

10:00– Trip to Banks


10:30– Morning Workout(AR)

11:00– Culinary Chat (115)

11:00– Lunch at Beans and Cornbread

12:00– Trip to Meijer

1:30– Cultural Afternoon with Joe (TV)

3:00– Horse Racing (AR) 

7:15– Current Events (AR)

