

August 2026
Assisted Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd 30 10:30 ☞ Sunday Spiritual Service [CHAP] 11:15 Ⓢ Nat Geo: Invention of Rubber [RC] 1:00 🚶 Shop @ 5 & Dime [5D] 2:00 🕒 Craft Hour: Rubber Band Art [2FD] 3:15 🕒 How It's Made: Rubber [2FD] 4:00 🕒 NYT & iN2L Games [2FD]	31 10:30 ✨ Chair Dance [2FD] 11:00 Ⓢ TED Talk: Life on Mars [2FD] 2:00 🕒 Cooking: Sheet Pan S'Mores [2FD] 3:00 🕒 Bingo [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD] 6:30 🕒 Movie Night Monday: 13 Going On 30 [MT]	Resident Birthdays Robert S. 8/1 Shirley M. 8/13 Sharon A. 8/21	Emotional Environmental Health Services Intellectual Physical Social Spiritual Vocational	Location Keys 2nd Floor Dining 2nd Floor Family Room 5 & Dime Bistro Chapel Courtyard Movie Theater Reception 2FD 2FFR 5D B CHAP CRT MT RC	THE AVALON of Commerce Township	1 10:30 ✨ Morning Fitness: Seated Zumba [2FD] 11:00 Ⓢ Chronicle Pick Up [RC] 1:30 ✨ Matinee & Popcorn: The Vow [2FD] 3:00 Ⓢ Mindful Art: The Florida Highway Men [2FD] 4:30 Ⓢ Activity Packet: All About August [RC]
2 10:30 ☞ Sunday Spiritual Service [CHAP] 11:15 Ⓢ Nat Geo: The Cold War [CHAP] 1:00 🚶 Shop @ 5 & Dime [5D] 1:30 🕒 Craft Hour: Tic-Tac-Toe Game Set [2FD] 3:15 🕒 Afternoon Tea [2FD] 4:00 🕒 NYT & iN2L Games [2FD]	3 10:30 ✨ Zumba with Lorene [2FD] 11:00 Ⓢ TED Talk: Freeing the Innocent [2FD] 2:00 Ⓢ Play: Jeopardy! [2FD] 3:00 🕒 Bingo [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD] 6:30 🕒 Movie Night Monday: The Hand that Rocks the Cradle [MT]	4 10:15 ☞ Holy Communion with Marianne [2FD] 10:30 ✨ Chair Yoga with EmpowerMe [2FD] 11:00 Ⓢ Play: Uno [2FD] 1:30 ☞ Support Group with Ebony [CHAP] 2:45 ✨ Cardio Drumming with Dena [2FD] 4:00 🕒 Play: Ladderball [2FD]	5 V. Estell Spa Day 10:30 🕒 Smoothie Bar [2FD] 11:00 ✨ Morning Fitness: Walk & Strength [2FD] 1-4p 🚶 Lost & Found [2FD] 2:00 Ⓢ Exploring The Everglades [2FD] 3:00 🕒 Bingo [2FD] 4:00 Ⓢ Mindful Art: The Everglades [2FD] 4:30 Ⓢ Weekday Activity Packet Pick Up [RC]	6 Salon Day 10:30 ✨ Morning Fitness: Flow with Flexible [2FD] 11:00 Ⓢ Trivia: Banff NP [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 2:00 ✨ Balloon Volley [2FD] 3:00 🕒 Entertainment: Marco Floyd [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD]	7 10:30 ✨ Morning Fitness: Seated Core + Mindful Movement [2FD] 11:00 Ⓢ NYT & iN2L Games [2FD] 1:45 🕒 Bingo [2FD] 3:00 🕒 Happy Hour: Screwdriver [B] 4:00 ☞ Mindful Art: Hello Summer [B]	8 10:30 ✨ Morning Fitness: Seated Zumba [CHAP] 11:00 Ⓢ NYT Games & Calendar [CHAP] 2:00 Ⓢ Travelogue: Washington DC- Library of Congress [CHAP] 3:00 🕒 Name That Tune + Arnold Palmers [B] 4:30 Ⓢ Activity Packet: Florida [RC] 7:00 🕒 Evening Hour: Board Game [2FD]
9 10:30 ☞ Sunday Spiritual Service [CHAP] 11:15 Ⓢ Nat Geo: Leonardo da Vinci [CHAP] 1:00 🚶 Shop @ 5 & Dime [5D] 1:15 🕒 Paint with The Florida Highway Men [2FD] 3:15 🕒 Spin & Solve [2FD] 4:00 🕒 NYT & iN2L Games [2FD]	10 10:30 ✨ Yoga with Jeanie [2FD] 11:15 Ⓢ TED Talk: Happiness and Spaghetti Sauce [2FD] 2:00 🕒 Reader's Theater [2FFR] 3:00 🕒 Bingo [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD] 6:30 🕒 Movie Night Monday: Gone Girl [MT]	11 10:15 ☞ Holy Communion with Marianne [2FD] 10:30 ✨ Strengthening Class with EmpowerMe [2FD] 11:00 🕒 Play: Mexican Train Dominoes [2FD] 2:00 ✨ Ladder Ball & Connect Four [CRT] 3:00 ☞ Gardening [CRT] 6:40 🕒 Detroit Tigers vs. Guardians [MT]	12 V. Estell Spa Day 10:30 ☞ Meditation & Calendar [2FD] 10:45 ✨ Motivated and Moving [2FD] 2:00 🕒 Men's Club [B] 3:00 🕒 Entertainment: Simply Sinatra [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD] 4:30 Ⓢ Weekday Activity Packet Pick Up [RC]	13 Salon Day 10:30 ☞ Therapy Dog: Trooper [2FD] 11:00 Ⓢ Trivia: US Landmarks [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 1:45 🕒 Canvas Painting [2FD] 3:00 Ⓢ Musical Theater History Series with JWM [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD]	14 10:30 ✨ Fitness Trivia [2FD] 11:00 Ⓢ Play: Balloon Burst Hangman [2FD] 1:45 🕒 Bingo [2FD] 3:00 🕒 Happy Hour: Screwdriver [B] 4:00 Ⓢ NYT & iN2L Games [2FD]	15 10:30 ✨ Morning Fitness: Seated Zumba [2FD] 11:00 Ⓢ NYT Games & Calendar [2FD] 2:00 Ⓢ Travelogue: Washington DC- Ford's Theatre & Lincoln's DC [2FD] 3:00 ✨ Balloon Volley [2FD] 4:30 Ⓢ Activity Packet: Citrus [RC]
16 10:30 ☞ Sunday Spiritual Service [CHAP] 11:15 Ⓢ Nat Geo: Aqueducts [CHAP] 1:00 🚶 Shop @ 5 & Dime [5D] 1:30 🕒 Craft Hour: Skeegee Painting [2FD] 3:00 🕒 Orange Floats [B] 4:00 🕒 NYT & iN2L Games [2FD]	17 10:30 ☞ Special Visit from Mom's Club of Wixom & Family [2FD] 2:00 Ⓢ Play: Jeopardy! [2FD] 3:00 ☞ Strings & Friends [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD] 6:30 🕒 Movie Night Monday: Hillbilly Elegy [MT]	18 10:15 ☞ Holy Communion with Marianne [2FD] 10:45 ☞ Music Therapy with Laurie [2FFR] 1:30 🕒 Entertainment: Angela & Tom Duo [2FD] 3:00 Ⓢ Calendar Planning Meeting [2FD] 4:00 🕒 Play: Uno [2FD] 6:40 🕒 Detroit Tigers vs. Pirates [MT]	19 V. Estell Spa Day 10:30 ✨ Morning Fitness: Walk and Strength [2FD] 11:00 Ⓢ Brain Health with Andrea [2FD] 2:00 🕒 Potato Day [2FD] 3:00 🕒 Bingo [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD] 4:30 Ⓢ Weekday Activity Packet Pick Up [RC]	20 Salon Day 10:30 ✨ Morning Fitness: Flow with Flexible [2FD] 11:00 Ⓢ Trivia: Fishing [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 1:30 🕒 Matinee & Popcorn: Hitch [MT] 3:30 ✨ Walking Club [RC] 4:00 Ⓢ NYT & iN2L Games [2FD]	21 10:30 ✨ Morning Fitness: Seated Core + Mindful Movement [2FD] 11:00 Ⓢ Play: iN2L Weekly Games [2FD] 1:45 🕒 Bingo [2FD] 3:00 🕒 Happy Hour: Screwdriver [B] 4:00 Ⓢ NYT & iN2L Games [2FD]	22 10:30 ✨ Morning Fitness: Seated Zumba [2FD] 11:00 Ⓢ NYT Games & Calendar [2FD] 2:00 Ⓢ Travelogue: Washington DC- Smithsonian's National Zoo [2FD] 3:00 🕒 Play: Family Feud [2FD] 4:30 Ⓢ Activity Packet: Summer Travel [RC] 7:00 🕒 Evening Hour: Board Game [2FD]
23 10:30 ☞ Sunday Spiritual Service [CHAP] 11:15 Ⓢ Nat Geo Pick Up: The Farmer's Almanac [RC] 1:00 🚶 Shop @ 5 & Dime [5D] 2:10 🕒 Detroit Tigers vs. Royals [MT] 3:00 🕒 Jigsaw Puzzles [2FD] 4:00 🕒 Mindful Coloring: Fruit [RC]	24 10:30 ✨ Pilates Class with Trinity from True Form Fitness [2FD] 11:00 Ⓢ TED Talk: Optimism Bias [2FD] 2:00 🕒 Karaoke/Sing-a-Long [2FD] 3:00 🕒 Bingo [2FD] 4:00 Ⓢ NYT & iN2L Games [2FD] 6:30 🕒 Movie Night Monday: A Quiet Place Day One [MT]	25 10:15 ☞ Holy Communion with Marianne [2FD] 10:30 ✨ Tai Chi with Stephanie [2FD] 1:30 ☞ Support Group with Ebony [CHAP] 2:45 ✨ Gardening [CRT] 4:00 🕒 Play: Connect Four [CRT] 6:40 🕒 Detroit Tigers vs. Rays [MT]	26 V. Estell Spa Day 10:30 ✨ Morning Fitness: Walk and Strength [2FD] 11:00 ☞ Meditation & Calendar [2FD] 2:00 Ⓢ Resident Council [CHAP] 3:30 🕒 Entertainment: Matt Ball the Boogie Woogie Kid [2FD] 4:30 Ⓢ Weekday Activity Packet Pick Up [RC]	27 Salon Day 10:30 ✨ Morning Fitness: Flow with Flexible [2FD] 11:00 Ⓢ Book Club (Review and Discussion) [2FFR] 1:00 🚶 Shop @ 5 & Dime [5D] 2:00 Ⓢ Craft: Stepping Stones + Yarn Club [2FFR] 3:00 Ⓢ NYT & iN2L Games [2FD] 4:15 🕒 Dinner & Movie in the Statler Club [2FD]	28 10:30 ✨ Morning Fitness: Seated Core + Mindful Movement [2FD] 11:00 Ⓢ NYT & iN2L Games [2FD] 1:45 🕒 Bingo [2FD] 3:00 🕒 Resident Birthday Party with Entertainment: Denise and the Motor City Sensations [2FD] 4:00 🕒 Watch: The Twilight Zone [MT]	29 10:30 ✨ Morning Fitness: Seated Zumba [2FD] 11:00 Ⓢ NYT Games & Calendar [2FD] 2:00 Ⓢ Travelogue: Washington DC- The National Archives [2FD] 3:00 ✨ Balloon Volley [2FD] 4:30 Ⓢ Activity Packet: Backyard Fun! [RC]

Continued at top