A Hechtman Apartments – February 2025 A LIFE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February is Black History Month						1 7:00 Bingo w/ Ruthe & Stephen
	2 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W 3:30 Chair Yoga w/ Bharti 7:00 Readers' Theatre Practice w/ Harriett & Adele	4 11:00 Sit & Fit w/ Michelle O 1:00 Tova's Travelogue: <i>Seoul,</i> <i>South Korea</i> 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	5 12:00 Age In Motion w/ Powerback 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 3:00 Variety Hour: <i>The Dean Martin</i> <i>Variety Show</i> 4:30 Out Trip: <i>Dinner</i> @ <i>Fishbones West</i> (must sign up)	6 11:00 Sit & Fit w/ Michelle O 1:00 Ben Luttermoser Plays Guitar & Banjo 3:00 Free Bingo w/ Tova 6:30 Conversational English w/ Kendra (Library) 7:30 Movie: <i>The Color Purple</i>	7 11:00 Artwork w/ Ashley: <i>Danish Heart Garlands,</i> <i>Group 1</i> (must sign up) 1:00 A Touch of Shabbat w/ R. Polter (Library) 2:00 Movie: <i>Loving</i>	8 2:00 Recorded Ballet: <i>Raymonda</i>
6:00 Super Bowl Watch Party & Snacks (Kickoff @ 6:30)	10 DETROIT LIONS DAY Wear Lions apparel (or colors) today for a chance to win! 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W 3:30 Chair Yoga w/ Bharti	11 11:00 Sit & Fit w/ Michelle O 1:00 Cooking w/ Elizabeth: Southwest Stuffed Sweet Potatoes, Group 1 (H2 Coffee Room; must sign up) 2:00 Blood Pressure Checks & Health Education w/ The Medical Team: Heart Health 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	12 11:00 Cooking w/ Elizabeth: Southwest Stuffed Sweet Potatoes, Group 2 (H2 Coffee Room; must sign up) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 2:00 Resident Council Donation Presentation to WB Police & Fire 3:00 We All Matter Discussion w/ Tova: Who Do You Love?	13 11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol C (Library; must sign up) 12:30 Dor L'Dor Visit w/ Hillel Students: <i>Tu B'Shvat</i> 6:30 Conversational English w/ Kendra (Library) 7:30 Presidents' Day Documentary: <i>Washington: First</i> <i>President of the United States</i>	14 HEARTS DAY Wear red, pink, or hearts today for a chance to win! 11:00 Artwork w/ Ashley: Danish Heart Garlands, Group 2 (must sign up) 1:00 Music Around The World w/ Tova: African-American Musical Traditions 7:00 Movie: Valentine's Day	15
16 1:30 News & Views w/ Su	7 7 7 7 7 7 7 7 7 7 7 7 7 7	18 11:00 Sit & Fit w/ Michelle O 12:00 Tova's Travelogue: <i>Cape</i> <i>Town, South Africa</i> 1:30 Health Education w/ Jcare: <i>Seasonal Depression</i> 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	19 11:00 Nutrition & Snacks w/ Elizabeth: <i>Mindful Eating</i> 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 4:30 Out Trip: <i>Dinner @ Fishbones West</i> (must sign up)	20 10:30 Out Trip: <i>Michigan</i> <i>Central Station Tour</i> (must sign up; sponsored by JFNA) 10:00 West Bloomfield Pop-Up Library w/ Emily (Library) 11:00 Sit & Fit w/ Michelle O 3:00 Free Bingo w/ Tova 6:30 Conversational English w/ Kendra (Library) 7:30 Movie: <i>The Butler</i>	21 11:00 Crafting w/ Tova: <i>Suncatcher Mandalas,</i> <i>Group 1</i> (must sign up) 1:00 A Touch of Shabbat w/ R. Polter (Library) 1:00 Food Committee Meeting (Fireside Lounge) 2:00 Book Club Meeting w/ Emily: <i>The Measure</i> (Library)	22 2:00 Recorded Musical: <i>Wicked</i>
23	12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W 7:00 Readers' Theatre Practice w/ Harriett & Adele	25 11:00 Sit & Fit w/ Michelle O 1:30 Ron Devon Plays Guitar & Sings 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	26 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 3:00 Jewish History w/ Tova: <i>Jews In The</i> <i>Civil Rights Movement</i>	27 10:00 Out Trip: <i>The Charles H.</i> <i>Wright Museum</i> (must sign up; sponsored by JFNA) 11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol C (Library; must sign up) 6:30 Conversational English w/ Kendra (Library) 7:30 Movie: <i>Stick It</i>	28 11:00 Crafting w/ Tova: <i>Suncatcher Mandalas,</i> <i>Group 2</i> (must sign up) 1:00 Classic Matinee & Snack: <i>Chinatown</i> 7:00 Recorded Concert: <i>The</i> <i>Motown 25 Concert (1983)</i>	

