

# AVALON PARK

*An Independent Living Neighborhood*

March 17, 2024 – March 23, 2024



## QUOTE OF THE WEEK

LUCKY STARS ABOVE YOU, SUNSHINE ON YOUR WAY, MANY FRIENDS TO LOVE YOU, JOY IN WORK AND PLAY. LAUGHTER TO OUTWEIGH EACH CARE, IN YOUR HEART A SONG, AND GLADNESS WAITING EVERYWHERE ALL YOUR WHOLE LIFE LONG.

AVALON PARK  
11001 COTTLEVILLE TRAILS DRIVE  
COTTLEVILLE, MO 63304  
[WWW.AVALONPARKSL.COM](http://WWW.AVALONPARKSL.COM)



# AVALON PARK

## Daily Program Schedule



Sunday, March 17, 2024

# Happy St. Patrick's Day

**8:00 AM Indoor Walking Club Meet in the Lobby**

### Walking Club



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

**TIMES VARY Church Transportation Meet in the Lobby**



### CHURCHES

St. Joseph's Catholic Church  
Calvary Church on Mid Rivers  
Chapel of the Lake

### LEAVE TIME

8:15 AM  
8:15 AM  
10:20 AM

### PICK-UP TIME

9:40 AM  
10:00 AM  
12:20 PM

## Avalon's "Irsih" Brunch

Brought to you by Chef Cam & Chef "D."

10:00 AM – 1:00 PM



Sunday, March 17, 2024- Cont'd

## Knitting & Crocheting Club



Meet at 1:30 PM in the Lobby

Knit & Crochet baby blankets, mittens, booties, & hats for Birthright!  
If you like to Cross Stitch, See Nora G in #224 to help with a quilt project.

## MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



## IRISH BINGO 2:00 PM

In the Orchard Room! Today's Caller: Don S.



## Sunday Resident Pizza Party Announcement!

This is a resident planned event. Today at BINGO, the Resident's Name will be announced who is the person collecting the money for the Pizza Party tonight. They will let you know where they will order from. Usually, it's \$8-10 per person. These parties are BYOB! *The kitchen is off limits!*



ATTENTION ALL PINOCHLE PLAYERS  
WE MEET AT 6:00 PM IN THE FITNESS CENTER  
Questions? Contact Sandy M.



# AVALON PARK

## Daily Program Schedule



### Monday, March 18, 2024

### Avalon Park has a Mending Company!

**Monday is Drop Off Day at the Craft Center!**

*Need a hem, a button sewn? We can help! (No Jeans Please.)*



**8:00 AM**

**Indoor Walking Club**

**Meet in the Lobby**

**Walking Club**



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

### Rise and Shine Errands with Mark

**9:00 AM – 11:00 AM**

*Monday Errand Days are HWY K all the way!*



### *Hangman Challenge with Sada*

**9:30 AM in the Orchard Room**

**10:30 AM**

**Fitness Class with Colleen**

**Fitness Center**



This class is one where you will learn stretches, use weights, balls, and straps. Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

### It's March Madness Bracket Time!

**11:00 AM in the Orchard Room**

We will be there to help you fill out your Brackets!



Monday, March 18, 2024 – Cont'd

## **Sada's Weekly Website & Facebook Workshop**

**See you** in the **Orchard Room** at **11:30**

Let's keep our website and Facebook updated with the great programs and activities that we are doing each day! Bring photos you have taken.

## ***Texas Hold Em'*** in the ***Fitness Center***

**11:30 AM – 1:30 PM**

Get ready for a rowdy day of cards!  
Bring a new friend to join us!



## **Resident Requested Lunch Trip:**

*Panda Express: Leave at NOON*

## **Wii Bowling League**

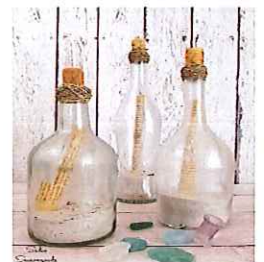
**2:00 PM** in the **Fitness Center**



## **Crafts: Message in a Bottle**

**2:00 PM** in the **Craft Center**

*You are going to LOVE this project! Be there!*





# AVALON PARK

## Daily Program Schedule



### Tuesday, March 19, 2024

**8:00 AM**      **Indoor Walking Club**      **Meet in the Lobby**

**Walking Club**



Join us this morning to track those “laps”. Since the building is shaped like the letter “L” that means that “1 Lap” will equal “1 L-Shape”. Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

**9 AM-3 PM**      **Doctor’s Appointments with Mark**      **Meet in the Lobby**



This is a complimentary service. \*All appointments requested for this service must be within a 10-mile radius and written down in the Doctor’s Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

## Bible Study with Chaplain, Kyle Schmidt

“Join us as we walk through Ephesians together”

**\* 9:30 AM in the Library on the 4<sup>th</sup> Floor\***

## Brain Hangman with Sada

**9:30 AM in the Orchard Room**



## Tuesday’s Heart Healthy Fitness with Sada

**10:30 AM in the Fitness Room**



This class will incorporate simple exercises with weights, balls, and straps to strengthen muscles, tendons, and bones. These stretching methods can improve balance and tone your whole body.

**Tuesday, March 19, 2024 – Cont'd**

**Wii Bowling League**

**11:15 AM** in the Fitness Center



**Meditation Class with Sada @ 11:30 AM Library**



*When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.*

**Golden Games Schedules are finalized! Come pick up your schedule & learn how the events are run.**

**1:00 PM** in the Orchard Room

**Happy First Day of Spring! Let's Party!**  
*Featuring: The BB Boomers Band*

**2:00 PM** in the Orchard Room



**Catholic Retreat Information**

Resident, Don Benz will speak to you if you are interested in participating in a Retreat April 22- April 25. Several Residents from Avalon will be attending, and we will all ride together.



# AVALON PARK

## Daily Program Schedule



### Wednesday, March 20, 2024

**8:00 AM**      **Indoor Walking Club**      **Meet in the Lobby**

**Walking Club**



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.



***Brain Games with Mark!***  
***9:00 AM in the Orchard Room***

**Rise & Shine Errands with Mark**

***9:45 AM – 11:00 AM***

Make suggestions like Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.

**ROSARY AND PRAYERS**



**10:00 AM** in the **Library** on the **4<sup>th</sup> Floor**

**10:30 AM**      **Seated Fitness with Colleen**      **Fitness Center**



This class is one where you will learn stretches, use weights, balls, and straps. This class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

**June B's Raffle Tickets for Birthright Available!**

**Meet at 11:00 AM** in the **Orchard Room**



Wednesday, March 20, 2024 – Cont'd



## Hand & Foot Card Group

*11:30 AM – 2:00 PM in the Orchard Room*



## Out to Lunch, with Mark!

Meet in the Lobby at 11:45 AM

**The Corner Bar** has the **Best Patio!**



## Live Health Series at St. Charles Library

**"Diabetes: Better Choices, Better Health"**

**(Part 6 of 6) Leave Avalon at NOON**

**Workshop is from 12:30 PM – 3:00 PM**

This the last day of the 6-part series presented by Oasis.

## **Crafts: Message in a Bottle!**

**1:30 PM in the Craft Center**



If you are a Veteran, we would love to add you to Avalon Park's "Wall of Honor." Please see Katie for information.



# AVALON PARK

## Daily Program Schedule



### Thursday, March 21, 2024

**8:00 AM**      **Indoor Walking Club**      **Meet in the Lobby**

**Walking Club**



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

**\*9:00 AM**      **Challenge Fitness Class with Colleen**      **Fitness Center**



This Challenge Class is one that uses several standing exercises and stretching techniques. It's for those who have request a step-up from seated fitness. Come give it a try.

**9 AM-3 PM**      **Doctor's Appointments with Mark**      **Meet in the Lobby**



This is a complimentary service. \*All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

## Cell Phone & Laptop Questions



**10:00 AM in the Lobby**

What questions do you have? Let us help you today.

## Come visit Avalon Park's In-House Store

**10:30 AM – 12:00 PM in the Fitness Center**

Thursday, March 21, 2024 – Cont'd

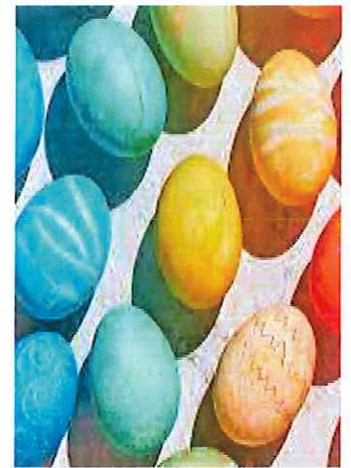
**Meditation Class** with **Katie @ 11:30 AM** **Library**



*When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.*

**HELP US DYE EASTER EGGS!**  
**12:15 PM** in the **Fitness Center**

All you Bunny Helpers, we need you today!  
We have a few dozen Easter Eggs to dye  
We hope you can join us!



**Wii Bowling League**

**1:00 PM** in the **Fitness Center**



**Trivia with Katie**

**2:00 PM** in the **Orchard Room**



**Reminder: File of Life**

Please make sure your papers are updated and attached to your refrigerator inside the plastic cover.



# AVALON PARK

## Daily Program Schedule



### Friday, March 22, 2024

**8:00 AM**    **Indoor Walking Club**    **Meet in the Lobby**

**Walking Club**



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.



## *Brain Games with Mark!*

*9:00 AM in the Orchard Room*

## Rise and Shine Errands with Mark

*9:45 AM – 11:00 AM*

Make suggestions like Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.

## **Vitality in Motion Fitness Class** with **Lisa B**

**10:30 AM in the Fitness Room**



You will really enjoy the way Lisa teaches. Strength is key to maintaining balance and flexibility and is very important in preventing falls. The more you attend this class the stronger you become in mind, body, and spirit!

**IT'S YOUR LAST CHANCE TO RSVP FOR THE  
EASTER EGGSTRAVAGANZA THIS SUNDAY!**

Friday, March 22, 2024- Cont'd

*Mark's Blackjack in the Fitness Center*

**\*11:30 AM – 1:30 PM\*** with Mark  
Everyone is invited to play!



*It's Luau Day!*



**11:30 AM** Hacienda Food Truck Arrives

**2:00 PM** A Jimmy Buffet Theme Show  
with Doc Scott and his Band Players

*Visit the Hacienda Food Truck for  
Margaritas & Great Food at a great Price!*

**Hawaiian Attire Encouraged!  
Prize for Best-Dressed!**



ATTENTION ALL BRIDGE PLAYERS  
WE MEET AT 6:30 PM IN THE FITNESS CENTER  
Questions? Contact Elaine R.



# AVALON PARK

## Daily Program Schedule



### Saturday, March 23, 2024

#### There's so much to Celebrate Today!

It's National Puppy Day, Chip & Dip Day, & Hot Tamale Day! March is also National Clean Out Your Closet and De-Clutter you home Month! March is all about Spring Cleaning!



#### HYMN SINGING ON YOUR OWN

**10:00 AM in the Fitness Center**

Kim will not be here today to lead the Hymn Sing.

So this week you are on your own!

#### **BIBLE STUDY** WITH **FRED HAMPTON**

**11:00 AM – 12:00 PM** in the **Fitness Center**

Fred teaches from a biblical perspective that anyone can relate to. Join us!

#### **\*Saturday "YOUR STORE" Hours\***

**12:30 PM – 2:00 PM** **Fitness Center**



#### Resident Instructed Card Game

**"Hand, Knee and Foot"**

**12:30 PM** In the **Orchard Room**

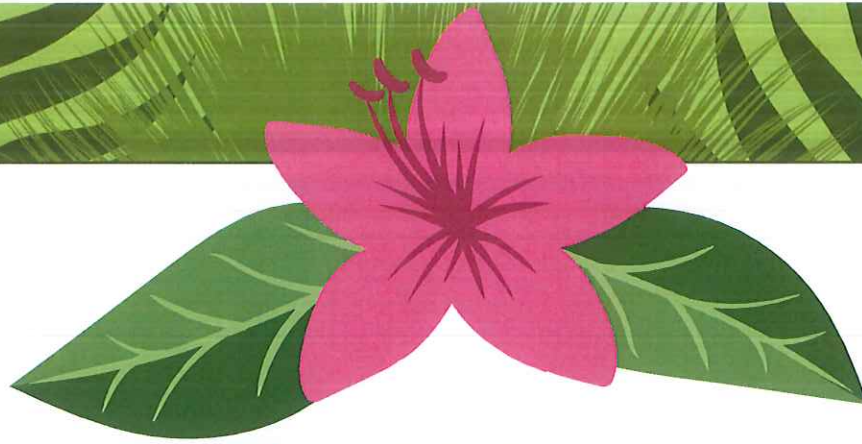
# UPCOMING EVENTS

- **Sunday, March 24<sup>th</sup> Easter Eggstravaganza Family Day! Complete with Photos with the Easter Bunny, An Easter Egg Hunt for the Kids, and The Lucky Old Sons Band tops off the day!**
- **Tuesday, March 26<sup>th</sup> Birthday Bash with the BB Boomer Band, Happy Hour Drinks, Cake, and Special Dinner.**
- **Sunday, March 31<sup>st</sup> Happy Easter!**
- **Thursday, April 4<sup>th</sup> Cardinals Opening Day!!!**
- **Friday April 26<sup>th</sup> New Band: "The Bright Side" with Kevin De Sain**
- **Saturday April 24 – May 4<sup>th</sup> Are the Golden Games! Go Avalon!!**
- **Tuesday, April 30<sup>th</sup> New Performer, Tom Winter on the Violin like you have never seen before!**

*(Monthly Dates & Events are subject to change, including additions)*

# DAILY TIPS & REMINDERS

- **Please return all Avalon Dishes to the Dining Room Daily.**
- **Make sure your File of Life Paperwork is filled out, updated, and posted on your refrigerator. Questions? See Meghan.**
- **Doctor's Trips must be written in the book 24 hours in advance.**
- **Please turn Cell Phones OFF during Entertainment & Meetings.**
- **When your Apartment is being cleaned, if you lay a new set of sheets on your bed, it will be made for you.**
- **The Avalon Store is open Thursdays & Saturdays on the 2<sup>nd</sup> Floor**
- **Want to pick your next neighbor? Be the first person to recommend someone to move in and receive \$500 incentive!**
- **Let's fill the Pack & Play on the 2<sup>nd</sup> Floor with items needed for The Birthright Mother's Day Donation Drive.**



**Friday, March 22**  
**from 11:30-3:00PM**

Join us for some fun while we enjoy the sounds of Doc Scott's Band featuring Jimmy Buffet music. The Hacienda Food Truck is also stopping by with Margaritas and delicious food!

*Jimmy Buffet Tribute Band*

*Hawaiian attire encouraged!*

**Hacienda Food Truck**

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Avalon Park  
11001 Cottleville Trails Drive  
Cottleville, MO 63304



**“It’s 5 O’Clock Somewhere!”**