

AVALON PARK

An Independent Living Neighborhood

March 24, 2024 – March 30, 2024



QUOTE OF THE WEEK

WHEN ALONG THE PATH OF LIFE, DON'T FORGET TO SIT AND
STAY, PAUSE AND REST, THINK AND PRAY, BE AT EASE IN YOUR
OWN SKIN, AND APPRECIATE THE MAGIC AT DUSK.

AVALON PARK
11001 COTTLEVILLE TRAILS DRIVE
COTTLEVILLE, MO 63304
WWW.AVALONPARKSL.COM



AVALON PARK

Daily Program Schedule



Sunday, March 24, 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.

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 Sunday Brunch

Brought to you by Chef Cam & Chef "D."
10:00 AM – 1:00 PM



Knitting & Crocheting Club

1:30 PM in the Fitness Center



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.

Sunday, March 24, 2024- Cont'd

Family Day Festivities

1:15 PM Families Arrive

1:30 PM Easter Crafts Begin

1:45 PM - 3:00 PM

Photo Booth with the Easter Bunny

2:15 PM The BIG Easter Egg Hunt

2:30 PM Live Music with Matt Davis
and his band "The Lucky Old Sons!"

**The Easter Bunny will be
here from 1:30 – 3:30!**

Sunday Pizza Parties are Resident Planned!

The Residents who are in charge of ordering Pizza tonight will make an announcement before the Band plays. 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!*





AVALON PARK Daily Program Schedule



Monday, March 25, 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**



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Rise and Shine Errands with Don

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.

March Madness in in full swing!

Be sure to check out your brackets daily!

They are posted on the 2nd floor Bulletin Board!



Monday, March 25, 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 that we do each day! Bring any photos you have taken last week.

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

11:30 AM – 1:30 PM

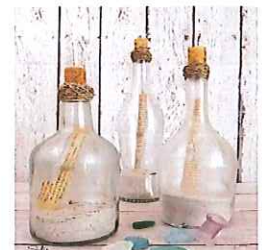
Since Mark is gone this week, take this time to get together and practice your skills!
The Golden Games are almost here!



Crafts: Message in a Bottle

12:30 PM in the Craft Center

You are going to LOVE this project! Be there!



Resident Requested Trip: Sam's

Meet Katie at 1:00 PM *in the* Lobby

Wii Bowling League

2:15 PM *in the* **Fitness Center**





AVALON PARK

Daily Program Schedule



Tuesday, March 26, 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 4th Floor***

Brain Hangman with Sada

9:30 AM in the Orchard Room



Tuesday’s Heart Healthy Fitness with Katie

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 26, 2024 – Cont'd

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.

Wii Bowling Crew with Katie
11:30 AM in the Fitness Center



Birthday Celebration for March

12:30 PM LINGO BINGO!
SADA IS AT IT AT IT AGAIN

**BINGO
LINGO**



1:30 PM HAPPY HOUR
FEATURING: DRINKS & CUP CAKES

2:00 PM LIVE SINGING DUO
"DAN AND DENISE"



BIRTHDAY CELEBRATION DINNER

RESIDENT REQUESTED DINNER!

ENTRE': SEARED SCALLOPS

SOUP: LOBSTER BISQUE

SIDES: ROASTED PURPLE CAULIFLOWER

MASHED CAULIFLOWER, SLICED BABY CARROTS

DESSERT: LEMON BARS





AVALON PARK

Daily Program Schedule



Wednesday, March 27, 2024

8:00 AM

Indoor Walking Club

Meet in the Lobby

Walking Club



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Rise & Shine Errands with Don

9:00 AM – 11:00 AM

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



Brain Games with Sada!

9:30 AM in the Orchard Room

ROSARY AND PRAYERS

10:00 AM in the Library on the 4th 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 27, 2024 – Cont'd

Crafts: Message in a Bottle!

11:30 AM in the Craft Center



Resident Instructed Game

Hand, Knee and Foot

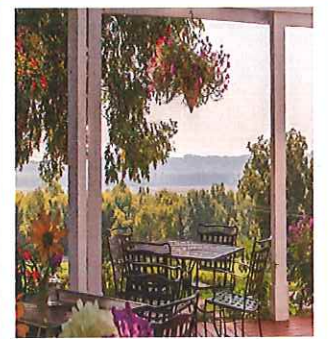
11:30 AM in the Orchard Room

Winery Wednesday with Katie and Amy!

Meet in the Lobby at 11:30 AM

Defiance Ridge Winery

This place is known for their fabulous menu, views, and wine of course! Let's fill the bus and show Amy what a fun lunch crew we have!



Trivia with Sada

2:00 PM in the Orchard Room



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 28, 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.



Brain Games with Sada!
9:30 AM in the Orchard Room

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 28, 2024 – Cont'd

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.



Hand, and Foot Card Group

12:00 PM – 2:00 PM in the Orchard Room



Please plan on ending the game today by 2:00 PM

Wii Bowling League

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



Live Speaker: “How to Protect yourself from Identity Theft.” 2:00 PM in the **Orchard Room**

Please Welcome: Ann Walters from Regions Bank

Find out what Scams look like and/or sound like on the phone, text, or email. Has this ever happened to you...

- Someone calls you to say “Your grandson has just arrived at the hospital with a life-threatening injury & needs money for surgery.”
- Kohl’s or Target calls or texts you to say that you won a brand-new stove, lawn mower, or computer, and needs your address.
- You received a text or email that UPS has a package for you and needs to verify your information for delivery.



AVALON PARK Daily Program Schedule



Friday, March 29, 2024

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

Walking Club



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Rise and Shine Errands with DON

9:00 AM – 11:00 AM

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



Brain Games with SADA!

9:30 AM *in the Orchard Room*

Vitality in Motion Fitness Class with **SADA**

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!

PLEASE LET THE CONCIERGE KNOW YOUR
EASTER SUNDY BRUNCH PLANS WITH GUESTS.

Friday, March 29, 2024- Cont'd

Good Friday Service Transportation

Stations of the Cross at St. Joe Church

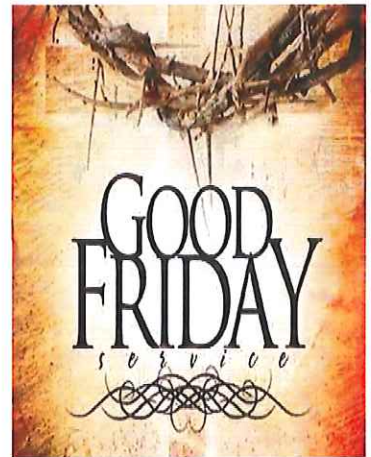
Leave at 11:40 AM Service starts at Noon

FOCUS ON GOOD FRIDAY

1:00 PM – 3:00 PM

4TH FLOOR LIBRARY

Many people who celebrate Easter also honor Good Friday and respectfully observe the hours between 1:00 PM – 3:00 PM as “Quiet Time.” If you choose to be with the company of others in prayer during this time, please join your friends in the Library.



Crafts: Message in a Bottle!

1:00 PM in the Craft Center



ATTENTION ALL BRIDGE PLAYERS

WE MEET AT 6:30 PM IN THE FITNESS CENTER

Questions? Contact Elaine R.

Remember: If you are ordering your dinner to be delivered to your apartment, make sure you call the Front Desk before 3:30 PM so all the proper arrangements can be made.



AVALON PARK Daily Program Schedule



Saturday, March 30, 2024

There's so much to Celebrate Today!

National Doctor's Day, National Earth Hour, National Folding Laundry Day, National Take a Walk in the Park Day, and National Fitness Recovery Day!



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 will be back in 2 weeks. Please feel free to meet on your own.

Saturday "YOUR STORE" Hours

12:30 PM – 2:00 PM Fitness Center



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the Orchard Room

UPCOMING EVENTS

- Sunday, March 31st Happy Easter!
- Tuesday April 2nd Town Hall Meeting! Please plan on attending!
- Thursday, April 4th Cardinals Opening Day!!! Afternoon BBQ!!
- Tuesday April 9th Live Singer: The J. Monet Trio
- Friday April 12th Live Presentation: Cyber Security with Kristen L.
- Friday April 9th NEW Live Singer and Guitarist Harry Fry
- Friday April 26th New Band: "The Bright Side" with Kevin De Sain
- Tuesday April 23rd Live Band: The Bucket List
- Saturday April 24 – May 4th Are the Golden Games! Go Avalon!!
- Tuesday, April 30th 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 2nd 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 2nd Floor with items needed for The Birthright Mother's Day Donation Drive.