

AVALON PARK

An Independent Living Neighborhood

March 31, 2024 – April 6, 2024



QUOTE OF THE WEEK

EVERY DAY IS A NEW OPPORTUNITY. YOU CAN BUILD ON YESTERDAY'S SUCCESS OR PUT ITS FAILURES BEHIND AND START OVER AGAIN. THAT'S THE WAY LIFE IS, WITH A NEW GAME EVERY DAY... AND THAT'S THE WAY BASEBALL IS. – BOB FELLER

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



AVALON PARK

Daily Program Schedule



Sunday, March 31, 2024

Happy Easter

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 Easter Brunch

Brought to you by Chef Cam & Crew
 10:00 AM – 1:00 PM



Sunday, March 31, 2024- Cont'd

Knitting & Crocheting Club



Meet at 1:30 PM in the Lobby

We are Knitting & Crocheting baby blankets, booties, and hats for Birthright! If you like Cross Stitch, See Nora G in #224 to help with a quilt.

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



Easter Game Day! 1:30 PM – 3:30 PM

Grab a game from the Gray Cabinet in the Fitness Center and have a blast playing with your family and friends on this beautiful Easter Day!

Sunday Resident Pizza Party Announcement!

Sunday Pizza Parties are a resident planned event. The Residents who are collecting the money for the Pizza Party tonight will usually announce it during the day. 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, April 1, 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.

Wii Bowling League

11:15 AM in the Fitness Center



Monday, April 1, 2024 – Cont'd

FOOD COMMITTEE MEETING!

11:15 AM IN THE BACK OF THE ORCHARD ROOM

Sada's Weekly Website & Facebook Workshop

See you in the Orchard Room at 12:30 PM

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*

12:30 AM – 2:30 PM

Today's adjusted time is due to the monthly Food Committee Meeting.



Crafts: Sip and Watercolor

1:30 PM in the Craft Center



Have a sip of wine while you create w water color masterpiece!

How are your March Madness Brackets??

April 6th is the Final Four Game Day!

April 8th is The National Championship Game!





AVALON PARK

Daily Program Schedule



Tuesday, April 2, 2024

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



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, April 2, 2024 – Cont'd

Wii Bowling Crew with Katie
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.

MARCH TOWN HALL MEETING

PLEASE MAKE EVERY EFFORT TO ATTEND!

12:45 PM in the Orchard Room

Meghan will update us on the latest "Scoop" at Avalon Park.

Ice Cream SOCIAL



2:00 PM in the Orchard Room

Scoop up some friends and head for that beautiful table full of toppings! They will make you smile!



AVALON PARK

Daily Program Schedule



Wednesday, April 3, 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.

Rise & Shine Errands with Mark

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, April 3, 2024 – Cont'd

Crafts: Yarn Sculptures

11:30 AM in the Craft Center



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the Orchard Room

Winery Wednesdays are Back!

Meet in the Lobby at 11:30 AM

Today's Trip: Chandler Hill

This place is known for their fabulous views, and their indoor/outdoor space.

Come enjoy some delicious food, wine, and friends!



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, April 4, 2024

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



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 all about the Cardinals!

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, April 4, 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

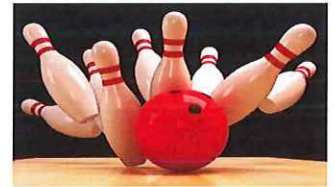


12:00 PM – 2:00 PM in the Fitness Center

We will be preparing the Orchard Room for the Opening Day BBQ!

Wii Bowling League

2:00 PM in the Fitness Center



OPENING DAY BBQ!



2:00 PM – 5:00 PM

IN THE ORCHARD ROOM



GAMETIME IS 3:15 PM

This will be the meal of the day at Avalon Park! Join us for a delicious BBQ prepared by Chef Cam and John! Featuring Hot Dogs, Beer Brats, and Pulled Pork, along with Cole Slaw, Potato Salad, Baked Beans, Chips, and of course a variety of Giant Cookies! Go Cardinals!



AVALON PARK Daily Program Schedule



Friday, April 5, 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.

Rise and Shine Errands with Mark

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.

Friday Brain Games with Sada

9:30 AM in the Orchard Room



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!

BOOK CLUB MEETING

11:00 AM in the **LIBRARY**



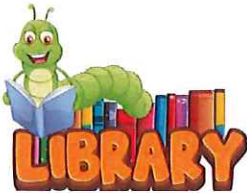
Please return "The Girl on the Train." Our new book is: "Lilac Girls" By Martha Hall Kelly. Call Mary D. with questions: 314-330-6986.

Friday, April 5, 2024- Cont'd

Avalon Talent Show... Practice Day # 1

11:30 AM – 12:30 PM in the back of the Orchard Room

Let us know what you have planned to do! If you need space to practice a dance, we will move a few tables.



St. Charles Library at Avalon

***1 PM – 2 PM Fitness Center**

Over 200 books are brought to be checked out. They will be here the first Friday of every month! So, if you love to read, this event is for you! Large print books are available!

Crafts: Message in a Bottle!

1:00 PM in the Craft Center



Happy Hour Singer: "Joe Ellegood"

2:00 PM in the Orchard Room



Joe is an exceptional vocalist and guitar player. His venue is one you will love!

BRIDGE NOW AT 6:45 PM IN THE FITNESS CENTER

Questions? Contact Elaine R.



AVALON PARK Daily Program Schedule



Saturday, April 6, 2024



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

Fred will return Saturday, April 13th with "The Sermon on the Mount."

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

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



STL Cardinals vs Marlins

1:15 PM Orchard Room

UPCOMING EVENTS

- 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
- Friday April 26th! NEW LIVE BAND: “The Bright Side”
- 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!
- Friday, May 3rd The Kentucky Derby 2024
- Sunday, May 5th ACT II Theater Excursion: “Over the River...”

(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.