

AVALON PARK

An Independent Living Neighborhood

April 14, 2024 – April 20, 2024



QUOTE OF THE WEEK

HAPPINESS CANNOT BE TRAVELED TO, OWNED, EARNED, WORN, OR CONSUMED. HAPPINESS IS THE SPIRITUAL EXPERIENCE OF LIVING EVERY MINUTE WITH LOVE, GRACE, AND GRATITUDE.

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



AVALON PARK

Daily Program Schedule



Sunday, April 14, 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

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.

Sunday, April 14, 2024 – Cont'd

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



BINGO at 2:00 PM

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



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 announce it during Bingo. 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!*



AFTERNOON FITNESS OPPORTUNITY

HEART & SOUL FITNESS VIDEO

4:00 PM in the Fitness Center

The Concierge will set up the video for you!
Go to YOU TUBE. Search: Heart and Soul Fitness.



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 15, 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 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.

Texas Hold Em' in the Fitness Center

11:30 AM – 1:30 PM

Everyone is welcome!



Monday, April 15, 2024 – Cont'd



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the Orchard Room

Shopping Excursion: Dillard's

Meet in the Lobby at 11:30 AM

Dillard's at The Mid Rivers Mall has announced they will be transforming into a Dillard's Clearance Center. Right now, all in-store products are reduced for quick sale in preparation for the transformation.

Sada's Weekly Website & Facebook Workshop

See you in the Orchard Room at 11:30 AM

Let's keep our Website and Facebook updated with the great programs that we do each day! Bring the photos you took last week.

Crafts: Sip and Paint

2:00 PM in the Craft Center



Have a sip of wine while you create a Spring masterpiece!

Wii Bowling League

2:00 PM in the Fitness Center





AVALON PARK

Daily Program Schedule



Tuesday, April 16, 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 16, 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.

GOLDEN GAMES PRACTICE

12:30 PM IN THE FITNESS CENTER

GOLF/ PUTT-PUTT PRACTICE



NEW Live Speaker: “How to Protect Yourself from Fraud & Identity Theft.”

2:00 PM in the Orchard Room

Please Welcome: Ann Walters from Regions Bank

What do Scams look & sound like? Has this ever happened to you...

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



AVALON PARK

Daily Program Schedule



Wednesday, April 17, 2024

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

Walking Club



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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.

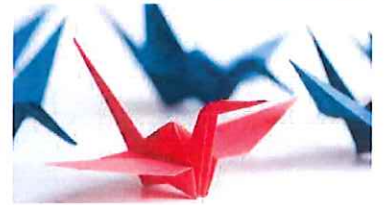
June B's Raffle Tickets for Birthright Available!

Meet at 11:00 AM in the Orchard Room

Wednesday, April 17, 2024 – Cont'd

Crafts: Giant Origami

11:30 AM in the Craft Center



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the Orchard Room

Lunch Excursion: A Winery Experience

Today's Trip: Chandler Hill

Meet in the Lobby at 11:15 AM

The rain will end this morning making a perfect day to visit this gorgeous place with fabulous views & food!



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 18, 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.



Thursday 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, April 18, 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



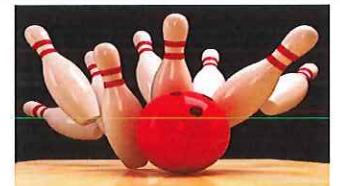
12:00 PM – 2:00 PM in the Orchard Room

GOLDEN GAMES PRACTICE

MEET KATIE AT 12:30 PM IN THE LOBBY
FOR A 1 MILE WALK AT A NEARBY TRAIL!

Wii Bowling League

12:30 PM in the Fitness Center



Avalon Talent Show... Practice Day # 3

2:00 PM in the Fitness Center

Please be at today's practice, so we can plan the order of the performances and what kind of space each participant needs.

Avalon's Date for the Talent Show is: Friday May 24th!



AVALON PARK

Daily Program Schedule



Friday, April 19, 2024

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

Walking Club



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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



Bodies in Motion Fitness Class with **Katie**

10:30 AM in the Fitness Room



Lisa will be off today, so Katie will be teaching class. 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,

Coffee Filter Spring Flowers!

11:30 AM in the Craft Center



Friday, April 19, 2024- Cont'd

Orange Dream Frosties at Wendys!

Meet in the Lobby at 12:30 PM

You asked for this trip! Let's go have a taste! Available for a Limited Time only!

New Entertainer: Harry Fry!

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

As a lifelong resident I have worked for the City of St Charles for 40 years and retired from Fire Department 2010. At age 42 I went to see some local musicians playing at The Old Millstream Restaurant on Main Street and instantly wanted to learn to play guitar. Long story short...with the help of those friends, I did! As a lover of Classic Country, play the songs of Hank Williams, Willie Nelson, Johnny Cash and love how music soothes your soul.



BRIDGE NOW AT 6:45 PM IN THE FITNESS CENTER
Questions? Contact Elaine R.



AVALON PARK

Daily Program Schedule



Saturday, April 20, 2024



HYMN SINGING ON YOUR OWN

10:00 AM in the Fitness Center

Kim will not be leading the group today. Feel free to meet on your own for a musical prelude to Fred's Bible Study.

BIBLE STUDY WITH **FRED HAMPTON**

Fred is back! Come take a listen to a beautiful lesson today!

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



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the **Orchard Room**

Saturday "YOUR STORE" Hours

12:30 PM – 2:00 PM **Fitness Center**



Cardinals vs Milwaukee

1:15 PM **Orchard Room**

UPCOMING EVENTS

- Friday April 26th New Band: “The Bright Side” with Kevin De Sain
- Saturday April 27th – May 4th The Golden Games! Go Avalon Park!
- Tuesday, April 30th New Performer, Tom Winter on the Violin like you have never seen before! Don’t miss this show!
- Friday, May 3rd The Kentucky Derby 2024
- Saturday, May 4th “May the Fourth be with You” (Star Wars Day!)
- Sunday, May 5th ACT II Theater Excursion: “Over the River...”
If you are interested in tickets for this play, please see Katie!
- Monday May 6th The Golden Games Banquet for ALL Participants!
- Tuesday May 7th May Day BBQ and Evening Orchestra Event with Steve Haney’s Tri County Home School Orchestra. Ages 3-18!

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

DAILY TIPS & REMINDERS

- Want to pick your next neighbor? Be the first person to recommend someone to move in and receive a \$500 incentive!
- See to it a Storm Alert App is set up on your cell phone as we enter Tornado Season. Ask a staff member for help.
- 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 return all Avalon Dishes to the Dining Room Daily.
- Please turn Cell Phones OFF during Entertainment & Meetings.
- The Avalon Store is open Thursdays & Saturdays on the 2nd Floor.
- Let’s fill the Pack & Play on the 2nd Floor with items needed for The Birthright Mother’s Day Donation Drive.