

# AVALON PARK

*An Independent Living Neighborhood*

April 21, 2024 – April 27, 2024



## QUOTE OF THE WEEK

WE DON'T STOP PLAYING BECAUSE WE GROW OLD.  
WE GROW OLD BECAUSE WE STOP PLAYING.  
SO, GET OUTSIDE THIS WEEK, PLAY, AND RECHARGE!

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



# AVALON PARK

## Daily Program Schedule



### Sunday, April 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.

**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 the Mother's Day Donation Drive for Birthright! Keep up the great work!

Sunday, April 21, 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 22, 2024**

***\*Please take note that many program times have changed this week due to the Retreat.\****

**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.



**Early Hangman Challenge with Sada**

**\*\*9:00 AM in the Orchard Room\*\***

**\* Transportation Plan for the Residents going on the Silent Retreat! \***

*Meet in the Lobby with all your Luggage at 10:00 AM. We will load up the bus and leave Avalon by 10:30 AM.*

**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.

**Monday, April 22, 2024 – Cont'd**

## **Wii Bowling League**

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



## **Avalon Movie Reviewers Committee**

**Meet at 12:15 PM** in the **Fitness Center**

Please come to this meeting today to look through the many DVDs we have in stock. There are all sorts of Genres and choices for series films like Alfred Hitchcock, European Travel, The Back Roads of America and so much more! Please come take a look at our "Library of Films." We will teach you how to set up the Large Screen TV in the Fitness Center and come up with a check in/out system if you want to take films back to your apartments. Be there!



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

**\*1:30 PM – 3:00 PM\***

**Final Practice until the Golden Games!**  
**Let's go Avalon Players!**



## **\*Afternoon Errands with Katie\***

**1:30 PM – 3:00 PM**

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



# AVALON PARK

## Daily Program Schedule



### Tuesday, April 23, 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

"Revelation, a book of encouragement for the patient endurance of the saints."

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

## Brain Hangman with Mark



**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 23, 2024 – Cont'd**

**Wii Bowling League**

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



**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.*

**GOLDEN GAMES PRACTICE**

**12:30 PM PUTTING PRACTICE**  
OUTSIDE IF NICE... OR IN THE  
FITNESS CENTER IF RAINING



**Happy Hour & The Bucket List Band**

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



**BRIDGE NOW AT 6:45 PM** IN THE FITNESS CENTER

**Questions? Contact Elaine R.**



# AVALON PARK

## Daily Program Schedule



### Wednesday, April 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.



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

### Rise & Shine Errands with Mark

**10:00 AM – 11:15 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.



Wednesday, April 24, 2024 – Cont'd



## Resident Instructed Game

Hand, Knee and Foot  
11:30 AM in the Orchard Room

## Lunch Trip: B Halls to watch Cardinals!

Meet in the Lobby at 11:45 AM  
The Cardinals Game starts at 12:15 PM!  
The atmosphere is perfect, and the food is delicious! They have everything from wings to steak to quesadillas! YUM!



It's National Dog Day! Let's have a Walking Parade!  
Meet at 1:00 PM in the Lobby... Dog or No Dog!  
Prizes awarded for the best dressed dog!

## Trivia with Katie

2:15 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 25, 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 Appointments (Highlander Only)**      **Meet in 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 Mark***  
***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 25, 2024 – Cont'd

**Meditation Class** with **Katie @ \*11:00 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\**



Wii Bowling League

1:00 PM in the Fitness Center



GOLDEN GAMES PRACTICE

MEET KATIE AT 2:30 PM IN THE LOBBY  
FOR A 1 MILE WALK AT A NEARBY TRAIL!

Reminders: Check out the Game Cabinet in the Fitness Center! There's tons of games like Checkers, Chess, Monopoly, Rummikub, Yahtzee and Scrabble!



# AVALON PARK

## Daily Program Schedule



### Friday, April 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.

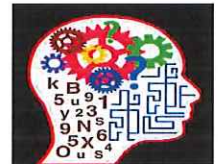
### Rise and Shine Errands with Mark

*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!

### *Blackjack in the Fitness Center*

**\*11:30 AM – 1:30 PM\*** with Mark



**Friday, April 26, 2024- Cont'd**

**Flower Shopping Trip:**

***Meet in the Lobby at 11:30 PM***

*This place is easy to get around at and is organized so you can find what you want!*



**Avalon Talent Show... Practice Day # 4**

**12:00 PM in the Fitness Center**

**Let's practice the order of the performances!**

**The Date for Avalon's Talent Show is: Friday May 24<sup>th</sup>!**

**NEW: "The Bright Side Duo"**

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



Come on down and enjoy The Bright Side! When Steve and Kevin perform as a duo they play acoustic guitars and sing songs from the 60's to the 90's with some fun stories in between. These guys also happen to be good friends with Mark!

**BRIDGE NOW AT 6:45 PM IN THE FITNESS CENTER**

**Questions? Contact Elaine R.**



# AVALON PARK

## Daily Program Schedule



**Saturday, April 27, 2024**



### HYMN SINGING WITH KIM

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

Kim will lead the Hymn sing today. Feel free to bring a list of songs you'd like to hear as a 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 @ Mets**

**2:05 PM Orchard Room**

# UPCOMING EVENTS

- **Tuesday, April 30<sup>th</sup> New Performer, Tom Winter on the Violin like you have never seen before! Don't miss this show!**
- **Friday, May 3<sup>rd</sup> The Kentucky Derby 2024**
- **Saturday, May 4<sup>th</sup> "May the Fourth be with You" (Star Wars Day!)**
- **Sunday, May 5<sup>th</sup> ACT II Theater Excursion: "Over the River and..."**  
If you are interested in tickets for this play, please see Katie!
- **Monday, May 6<sup>th</sup> Golden Games Banquet for ALL Participants!**
- **Tuesday, May 7<sup>th</sup> Our May Day BBQ from 2:00 PM – 5:00 PM and THEN an Evening Orchestra Event with Steve Haney and The Tri County Home School Orchestra will start at 7:30 PM! Ages 5-18!**
- **Friday, May 10<sup>th</sup> Costume Actress, Ellie Carlson: "Queen Victoria"**  
*(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 2<sup>nd</sup> Floor.**
- **Let's fill the Pack & Play on the 2<sup>nd</sup> Floor with items needed for The Birthright Mother's Day Donation Drive.**